The Herald-Palladium

Michigan Press Association's NEWSPAPER OF THE YEAR Class C

Berrien chief public defender dies

Local, B1

A HOLISTIC APPROACH TO HEALING

Health Monthly, inside

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Biden wins Michigan primary

By DAVID EGGERT
Associated Press

LANSING — A resurgent Joe Biden continued his momentum Tuesday by winning Michigan's Democratic primary, denying Bernie Sanders' attempt to rekindle his presidential campaign in what will be a presidential battleground in November.

The primary was the largest delegate prize in this week's slate of contests, which came one week after Biden's big Super Tuesday wins winnowed the field. Michigan is part of the "blue wall" that flipped to Donald Trump in 2016, and Sanders campaigned heavily here in the closing days in hopes of repeating his primary victory four years ago.

But voters backed Biden, the former vice president who pointed to the auto bailout under President Barack Obama and pledged to expand health coverage.

Voters enjoyed expanded rights in Michigan's first major election since the approval of a 2018 constitutional amendment that has resulted in a surge of early voting, which began in late January. People who now can cast an absentee ballot without needing an excuse took advantage, submitting 804,000 through Monday – compared with 447,000 at the same point in 2016 when there was a competitive Republican primary.

The swell of absentee ballots, combined with so many Democratic candidates dropping out – especially since South Carolina and Super Tuesday – led to spikes in the number of voters scratching their ballots and submitting a new one. More than 36,000 ballots were "spoiled," an eight-fold increase over 2016.

The trend is thought to benefit Biden as the party's more moderate wing consolidates around him. Many states do not allow such do-overs.

Michigan's influence has shown from candidates' visits in the closing days.

Sanders, a senator from Vermont, urged large crowds to "think big" and embrace his plans to to cancel student debt and guarantee health care for all.

"We are capable of making sweeping change if we have the courage to do it," he said in Ann Arbor.

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Jake May / The Flint Journal via AP

Former Vice President Joe Biden hugs U.S. Sen. Cory Booker before speaking at a campaign stop on Monday at Berston Field House in Flint, Mich. Biden is a candidate for the Democratic nomination for president. Booker endorsed Biden earlier Monday.

Don Campbell / HP staff

Residents vote Tuesday afternoon in the Michigan presidential primary at the John & Dede Howard Ice Arena in St. Joseph. The city saw an increase in absentee voters Tuesday.

A long day at the polls

Election officials navigate new election criteria, concerns over virus

By TONY WITTKOWSKI
HP Staff Writer

Clerks and election workers came prepared Tuesday as thousands of Southwest Michigan voters flooded polling stations for the presidential primary.

Tuesday's election provided a handful of new hurdles for local municipalities, which included a bevy of absentee ballots, an increase in same-day voter registration, a keen sense of the coronavirus and a mishap that caused damage to a polling station.

Among the changes local clerks have given special attention to – not just Tuesday, but throughout the days leading up to the primary – were absentee ballots.

In the past two weeks, Lincoln Township received about 1,700 absentee ballots and spoiled 80 of them for Tuesday's election. Lincoln Clerk Stacy Loar-Porter said the absentee ballot number wasn't out of the ordinary, and she anticipates closer to 2,500 for the November general

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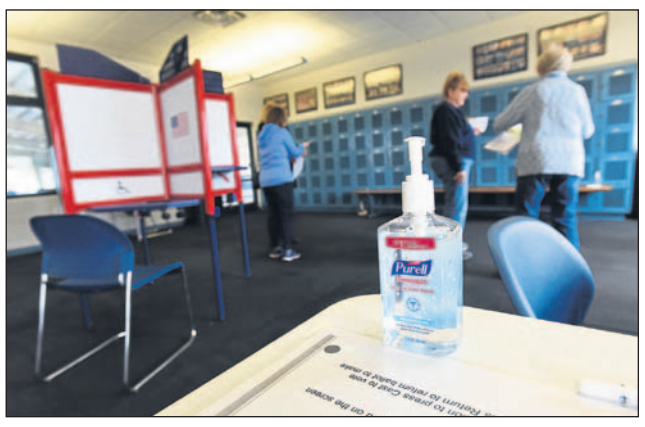

Bottles of hand sanitizer are made available Tuesday as residents vote in St. Joseph. Some voters wore face masks as a precaution against the coronavirus.

BENTON HARBOR

MDOT almost ready with temporary pumping station

Fix will address low area on Main Street near bridge

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — Drivers tired of the periodic flooding on the Benton Harbor side of the Bicentennial Bridge may soon get some relief.

Pete Pfeiffer from the Michigan Department of Transportation said Tuesday that a plan is in the works to temporarily pump the water so Main Street in front of the Whirlpool Riverview Campus building stays dry. He said the last time that section of road was closed was Friday morning, when strong winds pushed water up the St. Joseph River channel, leading to the flooding.

Main Street is the I-94 Business Loop and the designated route in case of emergencies on I-94, making it a state road.

Pfeiffer said he is waiting for a couple more reports before putting the plan together and hopes that construction can start next week. Drivers passing through the area can see that utilities have been marked to make way for the project.

But Pfeiffer warned that the temporary pumping isn't going to solve all of the city's flooding problems.

"During the wind event last week, a lot of Benton Harbor was under water,"

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SJ Township OKs public safety millage

Renewal, increase enjoys strong support

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — St. Joseph Township voters on Tuesday approved a public safety millage to allow for continued operation of the township's police and fire departments.

Unofficial results Tuesday night showed the millage passing by more than a 2-to-1 margin – 1,966 votes in favor and 907 against.

"We're very thankful that we have the overwhelming support of township residents that will allow us to continue public safety services for the next five years," said Police Chief Randy Leng. "We appreciate the support the community has always shown our department and we look forward to serving the citizens of St. Joseph Township in the future."

Police, fire and ambulance services for the township are funded through the public safety millage that, due to a Headlee rollback, had been reduced from its original 2001 levy of 4.5 mills, to 4.3870 mills. That millage, which has been in place for 20 years and has been renewed by voters every five years, is due to expire Dec. 31.

Along with renewal of that millage, in the same vote the township won voters' approval to add a new millage of 1.613, for a total of 6 mills. It was the first time in 20 years the township asked for an increase in the public safety millage. Costs have increased and the current millage collection does not cover annual expenses, township officials said.

This year, for example, revenue from the millage, the only source of funding for public safety, is projected at $1.94 million, while

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4 Van Buren millage issues on way to being approved

Absentee ballots not part of election night count

By BECKY KARK
For The Herald-Palladium

PAW PAW — Van Buren County voters headed to the polls Tuesday not only to select presidential nominees for the 2020 general election, but to decide four millage issues. Two were for renewals to maintain county roads and public transportation services, while the remaining two will provide for increased services to military veterans and improvements to the Van Buren Intermediate School District's Bert Goens Special Education building, as well as for more money for special education programs at 11 school districts served by the ISD.

At press time all four countywide issues appeared on their way to gaining approval. However, final results were not available due to changes in the law that encouraged more absentee ballot voting. According to Van Buren County Clerk Suzie Roehm, absentee ballots won't be tabulated until an official canvass of votes takes place later this week.

Unofficial, day-of voting totals for the four issues are as follows:

■ Van Buren County Road Commission millage renewal – The four-year, 0.9769-mill proposal stands at 10,110 votes in favor vs. 3,974 against. Renewal of the millage will generate approximately $3.3 million each year. For 2020, according to the road commission, the millage will pay for improvements along portions of County Road 380 in Columbia Township, Red Arrow Highway in Antwerp Township, County Road 653 in Antwerp Township; rehabilitation of 10 bridge structures throughout the county; and sealcoating of 60 miles of primary roads, along with

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The Newspaper for Southwest Michigan

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Tomorrow's Weather

High 55 Low 36

6 50645 49085 0

Whitmer: 2 coronavirus infections reported in Mich.

LANSING (AP) — Two people in the Detroit area have tested positive for the coronavirus infection, Michigan officials announced Tuesday.

A woman in Oakland County had traveled outside the country, while a man from Wayne County had traveled within the U.S., said Dr. Joneigh Khaldun, Michigan's medical executive.

They're both in hospitals. Both cases will be reviewed by the U.S. Centers for Disease Control and Prevention.

Gov. Gretchen Whitmer appeared with Khaldun and recommended that people wash their hands thoroughly, avoid touching their faces and stop shaking hands with others.

"These sound simple but they work" and will help mitigate the spread, said Whitmer, who declared a state of emergency.

For most people, the new coronavirus causes only mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

The vast majority of people recover. According to the World Health Organization, people with mild illness recover in about two weeks, while those with more severe illness may take three to six weeks to recover. In mainland China, where the virus first exploded, more than 80,000 people have been diagnosed and more than 58,000 have so far recovered.

VB MILLAGE

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funding for improvements to township roads.

■ Van Buren Public Transit millage renewal – The proposal stands at 9,716 votes in favor vs. 4,351 against. The renewal will provide $800,000 each year for four years to provide bus services to residents throughout the county.

■ Van Buren Intermediate School District millage – The proposal for five-years, .9-mills stands at 7,580 votes in favor vs. 5,583 against. The new millage will generate an additional $3.7 million each year for upgrades to the Bert Goens Special Education Center in Lawrence and provide additional special education funding for the 11 school districts within the ISD. Of that amount, $1.7 million will be targeted for renovations to the Bert Goens building in Lawrence, which services students with greater special needs than individual school districts can provide. The remaining $2 million will be divided among the 11 school districts to help them provide services to students of lesser special needs in their school systems.

■ Veterans service millage – The proposal stands at 9,168 votes in favor vs. 4,422 against. The four-year, 0.10 millage levy will generate $340,000 each year and replaces the previous 0,025 "Soldier and Sailors Relief Commission" millage. The new millage will provide an additional staff member for the county's veterans services program. Approximately 5,000 military veterans live in Van Buren county.

LOTTERIES

Tuesday drawings

Michigan

Poker Lotto
JC-QD-3D-2S-4S
Midday Daily 3
5-7-8
Midday Daily 4
1-2-9-2
Daily 3
4-6-2
Daily 4
6-5-8-0
Fantasy 5
18-24-27-32-35
Keno
04-05-06-16-17-18-19-22-27-28-36-37-41-43-54-56-60-61-65-68-76-79
Mega Millions jackpot
$75 million
Powerball jackpot
$110 million

Monday drawings

Illinois

Lotto
12-25-32-41-44-50, Extra Shot: 17
Estimated jackpot
$4.75 million
LuckyDay Lotto Midday
02-08-29-43-45
Pick Three-Midday
9-5-0, Fireball: 1
Pick Three-Evening
6-1-9, Fireball: 8
Pick Four-Midday
5-1-8-5, Fireball: 3
Pick Four-Evening
3-8-4-4, Fireball: 3
Lucky Day Lotto
09-33-35-41-42
Estimated jackpot
$150,000

Indiana

Cash 5
01-10-16-25-31
Estimated jackpot
$128,000
Cash4Life
03-04-13-23-47, Cash Ball: 1
Quick Draw Midday
02-03-06-13-18-19-23-24-27-29-39-40-41-46-58-59-63-65-75-80, BE: 3
Daily Three-Midday
1-1-7, SB: 5
Daily Three-Evening
2-6-2, SB: 8
Daily Four-Midday
0-5-7-3, SB: 5
Daily Four-Evening
4-3-3-9, SB: 8
Quick Draw Evening
04-10-11-15-18-21-24-25-27-34-35-46-49-50-52-53-55-58-74-75, BE: 49

– The Associated Press

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MAIN STREET

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said Pfeiffer, manager of the Coloma and Kalamazoo MDOT offices. "... We're focusing on that low area in front of Whirlpool."

When that area is flooded to the point that the road is closed, Main Street drivers can only reach a handful of businesses on the Benton Harbor side of the bridge.

Last summer, Pfeiffer said a temporary pumping station was set up that kept Main Street dry, but flooded several businesses because a plug was put in the system to keep stormwater from the city from reaching that section of Main Street. He said the plug was quickly taken out and they won't do that, again.

Don Campbell / HP file photo

A car drives through a flooded section of Main Street, in front of Whirlpool Corp.'s Riverview Campus last year.

Meanwhile, he said they are continuing to study the area to come up with a more permanent plan. He said MDOT recently had divers check out a large stormwater pipe that is under 10th Street and discharges into the canal next to City Auto Repair on Main Street. He said both the city's and MDOT's stormwater systems are connected to the pipe.

The divers found that the pipe is partially blocked with sediment, and he said it may need to be cleaned out.

That section of Main Street started experiencing flooding last spring, when Lake Michigan water levels were at near-record highs and stayed high for the rest of 2019. Lake Michigan has already set new monthly record highs for the months of January and February, previously set in 1987, according to the U.S. Army Corps of Engineers.

The Army Corps is predicting that water levels could rise another 12 inches this spring.

Pfeiffer said they want to get the temporary pumping station in place before water levels rise further.

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BIDEN

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Sanders criticized the former vice president's record on trade, saying his support for the North American Free Trade Agreement more than 25 years ago would give Trump an edge in battleground Michigan in November.

Biden was joined on the trail by Gov. Gretchen Whitmer along with Sens. Cory Booker and Kamala Harris – two former rivals for the nomination.

Biden touted "Obamacare" and said it should be expanded with a Medicare-like "public option," not scrapped with a single-payer system that would supplant private insurance.

"I'm going to stand firm against anyone who tries to tear down the progress and start all over again," Biden said in Grand Rapids. "Now Sen. Sanders is a good man. His Medicare-for-all push would be a long and expensive slog, if he can get it done at all."

One voter who backed Biden, Russ Ming, 43, said he did not believe Sanders would match up well with Trump.

"He's a more moderate candidate than Sanders," said the mortgage banker from West Bloomfield in suburban Detroit. "I think it's very important that we beat Trump, and Biden is the best to do it. My only goal is to remove the current president from office and install anybody else."

SJ TWP

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expenditures are projected at $2.24 million. The difference will be taken from the fund balance of $998,796, reducing it to $705,935.

The millage request approved Tuesday is for five years and will begin on 2021 winter property tax bills and will generate about $2.6 million in one year. The increase of 1.613 mills will cost property owners $1.613 per $1,000 of taxable value. So, the owner of a home with a taxable value of $100,000 ($200,000 approximate actual value) will see an annual increase of $161.30.

Township officials said inflation and cost of living increases have caused operation costs for St. Joseph Township's Public Safety to increase annually by an average of 3 percent over the last 11 years. The millage is the only source of funding for public safety in the township. A separate .3 millage is designated for purchasing fire trucks.

The township maintains its own police department and two on-call fire departments, and contracts with Medic 1 for ambulance service.

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POLLS

From page A1

election.

Early voting was made easier thanks to the passage of the Promote the Vote state constitutional amendment in November 2018. All registered voters in Michigan are now allowed to vote using an absentee ballot for any reason.

According to the Secretary of State's office, the final spoiled ballot count for Michigan voters is 36,574.

Royalton Township Clerk William Foust said he couldn't recall previous elections being this consistently slow throughout the day.

Foust said he attributed the pace of in-person voting to the substantial increase of absentee voters for the township.

"At the start of an Election Day, there is normally a line forming out the door," Foust said. "We really started promoting absentee voting leading up to this primary and it seemed to take with residents."

Between the township's two precincts, Royalton produced about 600 absentee ballots for Tuesday's election. Foust said that was about twice the amount compared to the previous presidential primary in 2016.

Lincoln Township's election workers began counting absentee ballots at 7 a.m. Tuesday.

"Legally, they can start opening and processing at 7 a.m. when the polls open," Loar-Porter said. "But they can't leave until 8 p.m. because people can still turn in AB ballots by then."

For the city of St. Joseph, Clerk Denise Westfall said they had a "quiet and steady day."

The city saw its absentee voters double compared to the previous primary election. Westfall said the city had about 975 absentee ballots by 3 p.m. Tuesday.

Westfall reported the city had 57 spoiled ballots among its voters.

"It was just very busy this past week," she said. "There were a lot of new registrations too. We had three same-day registrations on Election Day. They each took about five minutes to complete."

Lincoln Township had about six residents seeking same-day registrations on Tuesday. Loar-Porter said the majority have been voters in the 18-25 age demographic.

Photo provided / Coloma Township Police

A car crashed into Coloma Township Hall on Tuesday, which was being used as a polling station for Michigan's presidential primary. None of the 30 people in the building at the time were hurt, and voting resumed less than an hour later.

Michigan's 2018 amendment also led to voters being allowed to vote the same day they register. Before the proposal was passed, people had to register at least 30 days ahead of Election Day in order to vote.

On Tuesday, the Secretary of State reported 7,198 Michiganders took advantage of same-day registration on Tuesday alone.

Loar-Porter said they've been flooded by questions this year regarding the primary and new voter laws, which she said has been invigorating to see.

"We've probably had more today than any other time," Loar-Porter said in relation to same-day registrations. "We had a couple come in last week. But a lot of them had just moved from somewhere else. I think people are more aware of it than before."

Virus concerns

With the global spread of COVID-19, commonly referred to as the coronavirus virus, municipalities across Berrien, Cass and Van Buren countries took preemptive actions.

As a precaution, polling stations stocked up on hand sanitizer, wipes and medical gloves.

At St. Joseph's polling station, Westfall said they made sure hand sanitizer was available and workers wiped down tables and voting booths every couple of hours.

Foust said he was surprised no voters took advantage of the township's Purell station at the front door. One of the greeters at a Royalton polling station – charged with handling voter driver's licenses – was given surgical gloves for the day.

"Everything's been really smooth," Foust said. "All the clerks were sending emails back and forth leading up to today (Tuesday)."

When it came to reassuring the public about coronavirus, Loar-Porter said they mostly stuck to what the township has done in every election.

"In our precinct kits for the last 10 years, we've always used Lysol wipes and hand sanitizer," she said. "We were a little worried about election workers being fearful to work and being exposed."

For the most part, Loar-Porter said workers were comfortable in their work setting Tuesday.

"I heard some workers at other municipalities requested masks," she said. "We had one person who has an autoimmune disease, so we switched her with somebody. She's working on the (absentee) counting board so she's not exposed to the public."

The absentee counting board was stationed at Lincoln Township's library, were election workers were sequestered in a room away from the public.

Loar-Porter said workers noticed a couple of people entered the township's precincts wearing face masks Tuesday.

"It's been a little slower than I expected," she said. "I don't know if it's because of that (fear of the coronavirus) or the amount of absentee ballots."

A crash course in voting

Among the stranger things to happen Tuesday occurred at Coloma Township Hall.

Shortly before 12:30 p.m., a car was accidentally driven into the side of the township hall, which was serving as a polling station for two precincts.

There were more than 30 people inside the building at the time, but Police Chief Wes Smigielski said no one was hurt. He said the driver of the car is also OK.

The car came to a stop a few feet from some of the voting booths, while the majority of the car remained outside the municipal building.

Smigielski said the driver was pulling up to vote and went to brake, but instead stepped on the accelerator. The car ran over the curb and rammed through the polling station.

The Coloma Township Police Department, along with township board members, building and grounds personnel, North Berrien Fire and Rescue personnel and Coloma Public Works employees, were able to get the area cleaned up and secure.

"We cleared the room for about 45 minutes to make sure everyone was safe," Smigielski said. "The vehicle was pulled out of the building and towed away."

With a hole in the side of the building, workers strung up a tarp and began boarding up the opening.

The polling station was out of commission for less than an hour, and then voters were allowed back in at 1:20 p.m., Smigielski said.

Ironically, this is the second time a vehicle was driven through Coloma Township Hall.

In 2010, a Cadillac crashed into the building in a similar spot. According to Herald-Palladium archives, the impact knocked bricks off the outside wall of the building on Paw Paw Lake Road and pushed in part of a wall inside the board room.

Smigielski said there have been discussions about putting up barriers near the building.

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PRIME TIME TV

WEDNESDAY EVENING MAR. 11

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC 7 13 41 57	Wheel of Fortune	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family
CBS 2 3 22	Ent. Tonight	**Survivor** "The Buddy System on Steroids"		:01 **SEAL Team** "Objects in Mirror" (N)		**S.W.A.T.** A prizefighter's wife is abducted.	
NBC 5 8 16	Ac. Hollywood	**Chicago Med** CC (DVS)		**Chicago Fire** Kidd must prove herself.		**Chicago P.D.** "Informant"	
FOX 17 222 28 32	Modern Family	**The Masked Singer** (N) CC (DVS)		:01 **LEGO Masters** (N) CC (DVS)		**Fox 17 News at 10:00PM** (N) CC	
PBS 34	Outdoor Elements	**Doo Wop Generations (My Music)** Original Doo Wop performers reunite. CC					**Change-Brain**
CW 25	Big Bang Theory	**Riverdale** (N) CC		**Nancy Drew** (N) CC		**News**	**Seinfeld** CC
MNT 50	Family Feud	**Chicago P.D.** "Now I'm God" CC		**Dateline** "The Night Lynsie Disappeared"		**Dateline** A young mom vanishes. CC	
WCIU 26	Mike & Molly	**Riverdale** (N) CC		**Nancy Drew** (N) CC		**2 Broke Girls**	**2 Broke Girls**
WHME 46	:00 **Heartland**	**Heartland** "Over and Out" CC (DVS)		**Highway to Heaven** CC		**The List** (N) CC	**Celebrity Page** (N)
WGN 9	News	**black-ish** CC	**black-ish**	**Last Man Standing**	**Last Man Standing**	**WGN News at Nine** (N) (L) CC	
A&E	Live PD Presents	Live PD Presents	Live PD Presents	**America's Top Dog** "Gaga for Doggles"		Live PD Presents	Live PD Presents
AMC	Road House	📽 ★★★ **Speed** ('94) Keanu Reeves. A transit bus is wired to explode if it drops below 50 mph. CC					**Deep Impact** ('98)
Animal	TBA	**I Was Prey: Under Attack** (N)				**To Be Announced**	
BET	★★ **Boo! A Madea Halloween**			**Tyler Perry's Sistas**		**Twenties**	**Boom**
Big Ten	Basket	Basket	**College Basketball**				**Postgame**
Bravo	Housewives	**The Real Housewives of New Jersey**		**Summer House** (N) CC		**The Real Housewives of New Jersey**	
Cartoon	Gumball	Home	Burgers	Burgers	Rick	American	American
Cinemax	**Final Dest 5**	📽 ★★ **In Time** ('11, Science Fiction) Justin Timberlake, Amanda Seyfried. CC				9:50 📽 ★ **Replicas** ('18) CC	
CMT	Mom	Mom	Mom	Mom	Mom	Mom	Mom
CNBC	Shark	**Shark Tank** CC		**Shark Tank**		**The Deed: Chicago**	
CNN	OutFront	**Anderson Cooper**		**Cuomo Prime Time**		**CNN Tonight**	
Comedy	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Nora
Discovery	**Expedition Un.**	**Expedition Unknown** "Chasing The Buzzards Fortune" (N) CC					
Disney	Bunk'd	Bunk'd	Gabby	Sydney	Just Roll	Coop	Sydney
DIY	Salvage	**Holmes & Holmes**		**Holmes & Holmes**		**Holmes & Holmes**	
E!	📽 ★★ **17 Again** ('09) Zac Efron, Leslie Mann. CC					**The Soup**	**Funny**
ESPN	Sports.	**NBA Basketball** Denver Nuggets at Dallas Mavericks.					**Basket**
ESPN2	**College Basketball**			**College Basketball**			
ESPNC	6:00 **NBA**	**College Football**				**College Football**	
Food	Grocery	**Guy's Games**		**Guy's Games**		**Tournament**	
Fox News	The Story	**Tucker Carlson**		**Hannity** (N) CC		**The Ingraham Angle**	
Fox Sports	**NBA Basketball:** Pistons at 76ers				**Pistons Live** (N)		**N.D. Bsk.**
Freefrm	5:30 📽 **Twister**	📽 ★★★ **The Blind Side** ('09) Sandra Bullock, Tim McGraw. A well-to-do white couple adopts a homeless black teen. CC					
FX	**Spider-Man**	📽 ★★ **Pitch Perfect 3** ('17) Anna Kendrick, Hailee Steinfeld, Rebel Wilson. CC				📽 ★★ **Pitch Perfect 3** ('17) CC	
Golf	:00 **Live From THE PLAYERS** (N)			**Live From THE PLAYERS** CC			
Hallmark	**The Perfect Bride**	📽 **Love on the Menu** ('19, Drama) Autumn Reeser, Kavan Smith. CC				📽 **Falling for You** ('18) Taylor Cole.	
HBO	**Adjustment Bur**	**The Outsider** "Must/Can't" CC		📽 ★★ **Fast Five** ('11, Action) Vin Diesel, Paul Walker, Jordana Brewster. CC			
History	Forged	**Forged in Fire**		**Forged in Fire** (N)		:03 **Forged in Fire**	
HGTV	Bones	**Extreme Makeover**		**100 Day Dream**		**Property Brothers**	
Learning	My 600-	**My 600-Lb. Life** "Tommy's Story" (N)				**Dr. Pimple Popper**	
Lifetime	**Married-Sight**	**Married at First Sight** "Anniversaries and Secrets" One-month wedding anniversaries.				**Bride & Prejudice: Forbidden Love** (N)	
MSNBC	Hardball	**All In With**		**Rachel Maddow**		**The Last Word**	
MTV	Catfish	**Catfish: The TV**		**Catfish: The TV**		**Ridic.**	**Ridic.**
NBCSCH	Pregame	**Gymnastics**			**Sports**	**Poker**	**Postgame**
NFL	**NFL Total**	**NFL Football** From Nov. 11, 2019. CC					
Nick	Dylan	**Sponge.**	**Sponge.**	**Friends**	**Friends**	**Friends**	**Friends**
NGEO	Locked	**Locked Up Abroad**		**Locked Up Abroad**		:03 **Borderforce USA**	
Oxygen	:00 **Snapped**	**Snapped** "Taylor Marks" CC		**Snapped** "Stephanie Lazarus" CC		**Snapped** A deadly confrontation. CC	
Parmt	📽 ★★ **Shooter** ('07) Mark Wahlberg. CC					**68 Whiskey** (N)	
Showtime	★★ **The Upside**	📽 ★★ **Captive State** ('19, Science Fiction) John Goodman, Ashton Sanders. CC				📽 ★★ **Species** ('95) Ben Kingsley.	
Starz	:19 📽 ★ **The Intruder** ('19, Suspense) Michael Ealy. CC			:04 📽 ★ **Miss Bala** ('19, Action) Gina Rodriguez, Ismael Cruz Córdova. CC			
STZENC	:27 📽 ★ **Jack and Jill** ('11, Comedy) Adam Sandler. CC			📽 ★★ **The Sorcerer's Apprentice** ('10, Fantasy) Nicolas Cage, Jay Baruchel. CC			
SyFy	:05 📽 ★★★ **Harry Potter and the Deathly Hallows: Part 2** ('11) Daniel Radcliffe, Rupert Grint. CC (DVS)					**The Magicians** "Purgatory" (N) CC	
TBS	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal
TCM	**The Little Princess**	📽 ★★ **Fireman Save My Child** ('32)		:15 📽 ★★★ **Elmer the Great** ('33) Joe E. Brown. CC			:45 📽 **Alibi Ike**
TMC	**Tupac: Resurr.**	📽 ★★★ **Spotlight** ('15, Drama) Mark Ruffalo, Michael Keaton. CC				:10 📽 **The Hunt for Red October** ('90)	
TNT	Walking	**All Elite Wrestling: Dynamite** (N) CC				**Transformers**	
Travel	Paranorm.	**Paranormal Ca.**		**Paranormal Ca.**		**The Alaska Triangle**	
TV Land	Andy G.	Raymond	Raymond	Raymond	Raymond	Two Men	Two Men
USA	**John Wick 2**	**WWE NXT** (N) (L) CC				:05 📽 **John Wick: Chapter 2** ('17)	
VH1	Black Ink	**Black Ink Crew** (N)		Wild/Out	Wild/Out	Wild/Out	Wild/Out
WGN-A	Cops CC	Cops CC	Cops CC	Cops CC	**Cops** Car chase.	Cops CC	Cops CC

Using correct terminology decreases confusion

Elizabeth Ko & Eve Glazier
Ask the Doctors

DEAR DOCTOR: Would you please explain the terms we keep hearing in news reports about that new virus, like "epidemic" and "outbreak" and "pandemic"? It seems like they're being used interchangeably, and it makes it hard to understand what's really going on.

DEAR READER: You are referring to what initially was known as Wuhan coronavirus, a new respiratory illness identified in China at the end of December 2019. The name referred to the city where the illness first appeared and the specific virus that causes it. In mid-February, the World Health Organization officially gave the virus a name – COVID-19. That breaks down to "CO" for corona, "VI" for virus, "D" for disease, and 19, which indicates the year this new illness appeared.

Your question is important because each of the terms you mention – outbreak, epidemic and pandemic – refers to a different type of event. They arise from a branch of medicine known as epidemiology, which is the study of how, where and why disease and illness spread, and how to predict and prevent them. And we agree that misusing these terms can lead to confusion and misunderstanding.

An outbreak is a disease or condition that occurs in greater-than-expected numbers. The departure from the norm can include the time of year during which the increase in illness appears, the specific group of people it affects, the geographical area it covers or the type of illness itself. For example, polio has become so rare in the U.S. that just a handful of cases in one area would be considered an outbreak. At the other end of the spectrum is the influenza virus. We have become so accustomed to the annual surge in influenza infections that, rather than calling it an outbreak, it is often referred to simply as "flu season."

An outbreak that increases rapidly in both the number of new cases and in geographic scope is referred to as an epidemic. That's what happened with COVID-19, which began as a localized outbreak in Wuhan and then spread throughout much of China. In this case, the epidemic was caused by a new strain of coronavirus that health officials believe "jumped" from animals to humans.

When an epidemic spreads across the globe, it's known as a pandemic. The numbers of people who become ill, as well as the fatality rate, is much higher in a pandemic. Unfortunately, some news reports are misusing the word when talking about COVID-19. While it's true that the virus has spread to other nations, the numbers of cases outside of China remain quite low at this time and don't meet the definition of a pandemic.

A lot of people in the United States are worried about the new coronavirus, but the risk here is low. We agree with health officials who say that the greater health risk continues to come from our own ongoing influenza season. Respiratory viruses enter our bodies via the mucous membranes in the mouth, nose and eyes. So wash your hands often, don't touch your face, and seek treatment and stay home if you're sick. And remember, it's still not too late for a flu shot.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

Is it unreasonable to be reasonable on wedding?

Carolyn Hax

HI, CAROLYN: My partner and I were raised in households with different views on how to spend money. We are responsible with our money and have no debt, but my partner likes to spend more than I do on a number of things. They follow trends and care more about what other people think and like. I'm on the other end, where I tend not to give much thought to that. We are in the middle of planning for our wedding and there has been a lot of friction on what I'm willing to spend and what my partner wants. I feel like being more reasonable with the money we spend, whereas my partner wants to make sure they don't miss out on some of the experiences of this occasion. Lately, my partner has been more agreeable and giving up certain things. I think they are doing this to appease. Am I being unreasonable to be reasonable? – Planning

DEAR PLANNING: There is always a point where a commitment to being reasonable becomes unreasonable – because any kid of inflexibility can be taken to an extreme.

So while you may seem to have the more sensible outlook on what's worth spending your money on, a world with zero frivolity, splurging or performing for the Joneses just sounds depressingly blah.

Since you're on the cusp of a marriage to someone with a frivolous streak, it doesn't seem like that much of a stretch to say you appreciate this quality, even if you don't have it yourself. Yes? And your partner likewise might appreciate that you aren't both out there commissioning 12-foot ice sculptures.

So this seems like a great opportunity to combine your strengths in a way that sets a sustainable precedent for appreciating each other's role in your marriage: You set a basic budget you can live on, and then *freely*, *joyfully* set aside a fund beyond that to live a little – which your partner controls, or just spends silly. That sounds a lot more fun than the system you've got now, doesn't it? Where you wear each other down, in joyless friction over whose way is the right way, till one of you caves?

DEAR CAROLYN: I am starting to react to my mother's negative and draining conversations, and I feel really sad that she never ever asks me how I am or anything about my life. It is all one-way traffic with her. It has been like this for most of my life, to be fair, and I feel a lot of the time that I am the parent. Any tips? – J.

DEAR J.: Yes, one, to accomplish one thing that you probably don't really want.

The tip is to give up all hope that your mother will ever be different, will ever be positive, will ever ask how you are.

What that will accomplish, I hope, is to open your mind to the relationship your mom is capable of having.

It's sad, obviously – but also freeing if you can uncouple your feelings of disappointment and frustration from these conversations.

Letting go of the mother-child relationship you can't seem to have will help you see her as a person, and seeing her as a person will help you find a way to connect with her that's real and within her reach.

Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon each Friday at www.washingtonpost.com.

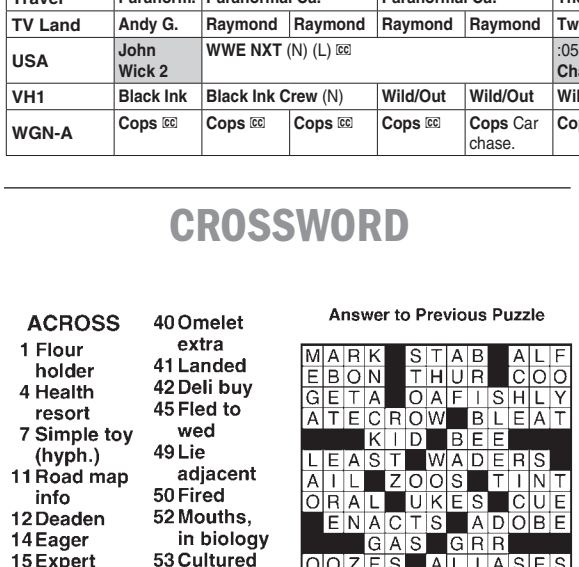
CROSSWORD

ACROSS
1 Flour holder
4 Health resort
7 Simple toy (hyph.)
11 Road map info
12 Deaden
14 Eager
15 Expert
16 "Only Time" singer
17 Sleuth's find
18 Vampire target
20 Globe
22 Cal. rows
23 Place
24 Casts a ballot
27 Go downhill
30 Musical work
31 Bake
32 Ms. Novak
34 Snare
35 Invitation info
36 Superman alias
37 Stashes
39 Golden Fleece seeker
40 Omelet extra
41 Landed
42 Deli buy
45 Fled to wed
49 Lie adjacent
50 Fired
52 Mouths, in biology
53 Cultured fellow
54 Ocean phenomenon
55 Tackle
56 Uptight
57 Avg. size
58 Affirmative shout

DOWN
1 Unruly kid
2 Problem with hives
3 "Faint heart — won ..."
4 Skulks around
5 Fourth-down options
6 "Little Women" girl
7 Pleasure craft
8 Gawk at
9 Not his or her
10 Kind of molding
13 Woodwind
19 Charges it
21 Incidental benefit
24 Promise solemnly
25 Oil cartel
26 Marching band horn
27 Hardships
28 Barely makes ends meet
29 Barcelona boy
31 Lab worker
33 Geol. formation
35 Pow!
36 Green Hornet's valet
38 Garrulous
39 Jarred
41 Rock-hound's find
42 Kind of advice
43 Still snoozing
44 Air-breather's organ
46 Very slow
47 Cleveland's waters
48 Computer fodder
51 That guy

Answer to Previous Puzzle

M	A	R	K		S	T	A	B		A	L	F
E	B	O	N		T	H	U	R		C	O	O
G	E	T	A		O	A	F	I	S	H	L	Y
A	T	E	C	R	O	W		B	L	E	A	T
			K	I	D		B	E	E			
L	E	A	S	T		W	A	D	E	R	S	
A	I	L		Z	O	O	S		T	I	N	T
O	R	A	L		U	K	E	S		C	U	E
	E	N	A	C	T	S		A	D	O	B	E
			G	A	S		G	R	R			
O	O	Z	E	S		A	L	I	A	S	E	S
A	M	A	R	I	L	L	O		F	O	L	K
T	A	P		T	O	T	O		T	U	B	E
H	R	S		A	T	O	M		S	L	A	W



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JUMBLE

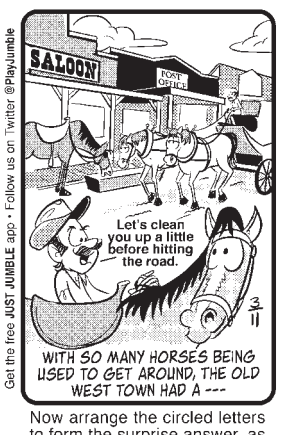
Unscramble these Jumbles, one letter to each square, to form four ordinary words.

RETEX

MISPK

THORTE

WNYYAA


SALOON
POST OFFICE
Let's clean you up a little before hitting the road.
WITH SO MANY HORSES BEING USED TO GET AROUND, THE OLD WEST TOWN HAD A ---

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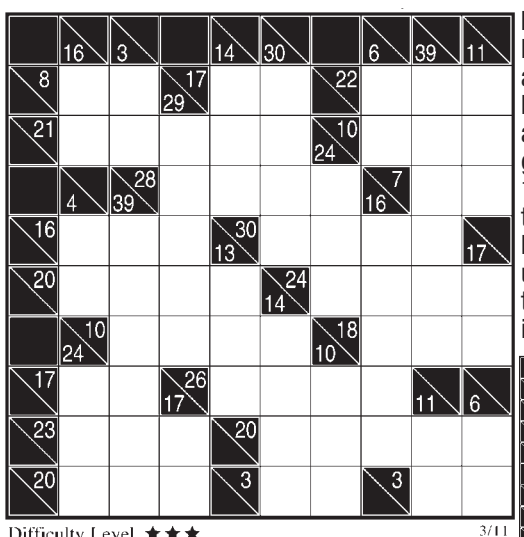
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans. here: " " (Answers tomorrow)

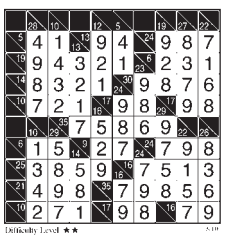
Yesterday's Jumbles: DOUGH LUNGE FRUGAL SCORCH
Answer: With so many students, the sign language teacher had — HER HANDS FULL

KAKURO



Difficulty Level ★★★ 3/11

How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.



BRIDGE

There are certain things so rare that we cannot help but admire them: the Hope diamond, a perfect game in baseball, a man who gives up his seat to a woman on a crowded bus or train. Today's deal is a rarity. Can you see what is so unusual?

The deal was reported by Villy Dam from Denmark. Most pairs reached three no-trump, which they made without difficulty. The given auction to five diamonds – which contained several debatable bids – was produced by Klaus Madsen (South) and Jens Otto Pedersen.

West led the club six, second-highest from a weak suit. Madsen put up dummy's ace, cashed the spade ace-king, discarding a club, and ruffed a spade in hand. Two winning heart finesses followed by the heart ace allowed South to pitch his last club. Madsen returned to hand with a club ruff. He continued with the ace and a low diamond. (This is right when taking the suit in isolation. If their trumps are 3-3, all plays work. If they are 4-2, there are six low doubletons and eight honor doubletons.)

Here, Madsen was safe. But suppose we switch the queen and four of diamonds. Now East wins the second trump with the nine and leads his last heart, allowing the defenders to score their diamond honors separately.

What is the unusual feature about this deal? You can make game in all five strains. Even more unusual is that you cannot make a slam. I leave you to work out all of the analysis – I've run out of space.

North 03-11-20
♠ A K 8 4 2
♥ A J 10 9
♦ —
♣ A Q 4 3

West
♠ 9 5 3
♥ K 7 4
♦ K Q 2
♣ 10 6 5 2

East
♠ Q J 10 7
♥ 6 5 3 2
♦ 9 8 4
♣ K 7

South
♠ 6
♥ Q 8
♦ A J 10 7 6 5 3
♣ J 9 8

Dealer: North
Vulnerable: North-South

South	West	North	East
		1♠	Pass
1NT	Pass	3♣	Pass
3♦	Pass	3♥	Pass
3NT	Pass	4♥	Pass
5♦	Pass	Pass	Pass

Opening lead: ♣ 6

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

		3	5	8				
1				7		3		
8				1		2	4	5
			3		9	8		6
		9				4		
5		8	7		2			
9	6	1		2				7
		2		9				4
				3	5	1		

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How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

5	4	6	7	3	2	9	8	1
1	7	3	9	4	8	2	5	6
9	2	8	1	5	6	7	3	4
2	9	4	8	6	3	5	1	7
8	1	7	2	9	5	6	4	3
6	3	5	4	7	1	8	9	2
4	8	9	6	1	7	3	2	5
7	5	1	3	2	9	4	6	8
3	6	2	5	8	4	1	7	9

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Schumer, the Supreme Court and abortion

Justices Neil Gorsuch and Brett Kavanaugh certainly have grounds to feel threatened and aggrieved by Sen. Charles Schumer's warning that they "will pay the price" for any "awful decisions" they bring about. It was an irresponsibly worded comment, as Schumer himself later conceded. I can just imagine what anxiety they must have suffered.

But in our concern for the emotional health and physical well-being of these justices, let's save a bit of sympathy for a much larger group of people who face something considerably more dire – which may come from the Supreme Court.

Steve Chapman

Close to a million women of childbearing age stand to lose much of their reproductive freedom if the court upholds a Louisiana abortion law. That law was before the court as Schumer spoke.

The state has just three clinics where women can exercise their constitutionally protected right to terminate a pregnancy. If the justices approve this law, the number of such clinics is likely to fall to one. A Shreveport resident who wants to end a dangerous or unwanted pregnancy would have to travel more than 300 miles to New Orleans.

Actually, the number of women with cause for alarm is far higher than a million – because if the law survives, other states will adopt their own versions. Texas had a nearly identical law that the Supreme Court struck down in 2016. Several states have already adopted tight restrictions on abortion, and Alabama passed a near-total ban – which a court has blocked from being enforced.

The title of the Louisiana Unsafe Abortion Protection Act is intended to convey that the supporters are concerned about the health of women undergoing a dangerous procedure. As honesty goes, it's right up there with the East German government's name for the Berlin Wall: The Anti-Fascist Protection Rampart. As in this case, the label was a risible misrepresentation of something that hurt its ostensible beneficiaries.

The law requires doctors who do abortions to have the prerogative of admitting patients to a hospital within 30 miles of the clinic. This may sound like a sensible safeguard for cases when serious complications arise. In fact, it's a needless mandate that would prevent competent physicians from providing the care that their patients want.

To begin with, abortion is extremely safe. A 2012 study in the journal Obstetrics and Gynecology found that a woman is 14 times more likely to die from childbirth than from an abortion.

The Hope Medical Group for Women clinic in Shreveport, which has been operating for 23 years, treats about 3,000 women a year. In all that time, it says, only four patients required hospital care. Even in such instances, women are likely to visit the closest emergency room, where medical personnel will treat their complications. The doctor who performed the abortion would not normally be called in, even if she were nearby.

Women who have miscarriages, as it happens, also sometimes need emergency treatment. But doctors who treat women for incomplete miscarriages – to remove fetal tissue that is not expelled – are not required by Louisiana to have these admitting privileges.

If the state were truly concerned about the health of women, it would allow health insurance sold on the state Affordable Care Act exchange to pay for abortions when the patient's life is in danger. Surprise: It doesn't.

As U.S. District Judge John W. deGravelles concluded in his decision striking down the law, the requirement "provides no benefit to women." The state, he noted, cited no instance "in which an admitting privileges requirement would have helped even one woman obtain better treatment." It is "an inapt remedy for a problem that does not exist."

The real purpose of the law is to make it harder, if not impossible, for women to obtain abortions. It was not medical associations or public health experts who lobbied for it. It was anti-abortion zealots.

When the legislation was under consideration, one "pro-life" advocate assured the sponsor that under a similar measure, Texas had "tremendous success in closing abortion clinics and restricting abortion access." Republican Gov. Bobby Jindal, who signed the law, said it "will build upon all we have done the past six years to protect the unborn."

The people who enacted this law claim to be acting for the benefit of Louisianans who choose to get abortions. With friends like these, those women don't need enemies.

Steve Chapman is a columnist for the Chicago Tribune.

The effort to suppress votes

Six hours is a good, long time. You could do a lot of things in six hours.

You could drive from San Francisco to Los Angeles.

You could finish an audiobook.

You could clean out a garage, paint a room, watch three movies.

Leonard Pitts

Or you could vote.

It took a man named Hervis Rogers that long to do so in Super Tuesday's Democratic primary. He did not leave his polling place in Houston until 1:30 a.m. Wednesday morning – the last person to cast his ballot. "I wanted to get my vote in to voice my opinion," he told KTRK, a local TV news station. "I wasn't going to let anything stop me, so I waited it out."

And if you're wondering why Rogers had to go through that ordeal just to vote, the answer is simple: He is a black man in America. More to the point, he's a black man in a Southern state with a sordid history of disenfranchising voters of color.

From 1965 until 2013, such voters were protected from this kind of thing by the Voting Rights Act. Then the Supreme Court struck down a key provision of the Act, which required states and localities with histories of voting discrimination to get federal approval before changing election laws. The court acted under the novel – which is to say, asinine – reasoning that the provision was no longer needed because racism is over.

Or as Chief Justice John Roberts, writing for the majority, put it: "Our country has changed" since 1965. He seemed insensate to the fact that the change he noted had come about because of the Act he was gutting. Indeed, the ink was barely dry on his opinion when Southern states and others began to show what they thought of all this "change."

In Georgia, they purged tens of thousands of voters, disproportionately people of color, from the rolls for offenses as trivial as a misplaced hyphen in a name. In North Carolina, they enacted a photo ID law designed with what a federal court called "almost surgical precision" to suppress the black vote. And in Texas, according to a report from the Leadership Conference Education Fund, they've closed 750 polling places since 2013 – more than any other state – so that now voters like Rogers must pass an endurance test simply to exercise a constitutional right.

Yes, local officials claim the delay was actually due to higher than expected turnout, voting machine breakdowns and a new polling system. Believe that if you wish. The view from this pew is more cynical. As Rogers told KTRK, the long wait felt like it was "set up for me to walk away."

Isn't it telling, in this era of white grievance ascendant, that the right wing keeps caterwauling about a fictional epidemic with people of color committing voter fraud, even as people of color are seeing voting rights stolen from them in real time? The right projects its sins upon the rest of us – democracy as funhouse mirror where victimizers reflect as victims.

One hopes that when November comes people of color – good people of all skin tones – summon the perseverance of Hervis Rogers and bring about a blue wave to protect the voting rights of those who are now being systematically disenfranchised. One hopes they resolve to double check their registration and polling locations ahead of time, to charge their devices, wear comfortable clothing, bring snacks, water, lawn chairs, umbrellas, a good book, whatever the wait requires.

The bottom line: There are more of us than there are of them. So there is no excuse to let the forces of intolerance get away with this act of Grand Theft Freedom.

Six hours is time enough to steal a democracy. But it's time enough to save one, too.

Leonard Pitts Jr. is a columnist for the Miami Herald. His email is: lpitts@miamiherald.com.

LETTERS

Biden likely now the key to stopping Trump

Editor,

Until he dropped out, I thought Mike Bloomberg was the most likely Democrat to beat Trump, but now it looks like it will be Joe Biden, who is clearly the most principled, qualified, experienced and realistic candidate in the race. And now he will also have the inestimable advantage of Bloomberg's support and formidable financial resources. As for Bernie Sanders, I will vote for him in a heartbeat if he should become the nominee, but I doubt his ability to build a broad enough coalition to win in November. I also believe that Biden is much more likely to help Democrats win back control of the Senate, which is absolutely crucial.

On the other side, Trump's qualifications are nonexistent. He is not only by far the worst president in U.S. history, he is also one of the most loathsome human beings I have ever known of. I still find it unbelievable that Republicans are willing to sacrifice virtually all of their values to such an obvious and malicious fraud. Whenever a member of Trump's inner circle of criminals is dragged off to prison, he replaces them with someone even more unscrupulous, incompetent and inexperienced. Blind fealty to Trump is the only qualification necessary.

Soon we will have an idea of the magnitude of the dangers posed by the coronavirus, a growing pandemic which has already impacted the lives, work and safety of millions around the world. Accurate and timely information, absolute cooperation and coordination, both domestic and international, will be essential to combat what has become a potentially cataclysmic global threat. It will be imperative that governments, communities, organizations and individuals all work together for the common good. Never have we been more in need of a real leader, but instead we have Trump, who is once again making mischief, trying to twist things to his own advantage by lying and deliberately spreading idiotic and harmful misinformation about the lack of seriousness of this already deadly crisis.

Republicans: Will you continue to just stand by and do nothing to help stop this maniac before it's too late?

Scott Elliott
Benton Harbor

Write us

Here's how to submit a letter to the editor:

Email: letters@TheHP.com

Regular mail: Editorial Page, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.

Coronavirus will get worse before it gets better, so listen to the health professionals

By SANDRA CROUSE QUINN

We are still at the early stages of the novel coronavirus epidemic with new cases daily throughout the United States. But there are unknowns that limit what scientists, public health officials and governments confidently know about the virus – and can relay to everyday Americans.

That's always been true early in an epidemic, from severe acute respiratory syndrome SARS, the 2009 H1N1 influenza pandemic and the Middle East respiratory syndrome outbreak several years ago.

This uncertainty limits the ability of public health and government officials to give the public what it wants most – definitive answers. How is this new virus different from the common cold or the flu? What should we do to protect ourselves? How will it affect our daily lives? Unfortunately, uncertainty is a normal part of any pandemic, and it can take weeks or longer before public health officials and scientists know enough to give full and confident answers.

Yet, we are asking much from the American public. Go about your daily lives. Wash your hands. Cough into your elbow. And increasingly, begin to prepare to stay home if needed. Finally, we ask for support as governments at every level enact new policies and restrictions.

What do the American people need to understand to take action and manage their lives during what may be an extended period of hardship? The bottom line is trust. We've learned from the 2001 anthrax attack, H1N1 and the 2014 Ebola outbreak, that the public is inclined to believe that uncertainty and a lack of satisfactory answers are a sign that officials are "hiding something" or incompetent. When we distrust our public officials, we may not be ready and willing to take the actions they ask of us, and the result is dangerous.

My research on the H1N1 outbreak found that preparing the public for uncertainty and changing information increased trust and belief that government officials were being open about what they did and did not know about the virus. Public health leaders have learned important lessons from past pandemics. Dr. Nancy Messonnier, director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control said during a press conference last month on the coronavirus: "Our guidance and advice are likely to be fluid and subject to change as we learn more. We will continue to keep you updated." This openness is vital and helps us trust her and the agency.

But trust can be easily undermined. A cardinal sin of communication in an epidemic is over-reassuring the public. The Trump administration repeatedly minimizes the coronavirus threat. The right way to communicate with the public is to help them anticipate change. On Feb. 25, Dr. Messonnier said, "...We expect we will see community spread in this country... It's not so much a question of if this will happen anymore, but rather more a question of exactly when this will happen and how many people in this country will have severe illness ... ." She was not just telling the truth, she was also helping us prepare emotionally for what is to come.

Empathy matters. Rather than offering false reassurances, it is critical for the Trump administration to acknowledge how hard and scary this may become.

So, to our elected officials: You have critical responsibilities to the country. It is essential that you trust the experts from CDC, the National Institutes of Health and local health departments. Make sure they have the funding they need to manage this crisis. Tell us the truth ... this is a dangerous virus, not a hoax, and there is no magic bullet.

The vaccine process will take a year or more. Help us prepare ourselves and our families. Tell us daily what you are learning and why you are making the decisions you are. Let us know you are human too, and acknowledge our worries and fears. Let go of blaming this on partisan politics and recognize the coronavirus is our common enemy. And finally, help us rise to our best selves – prepared to manage this crisis, able to bear what is coming and willing to look out for our extended families, friends, neighbors and to those most in need. The coronavirus is a force of nature and our response to it is a reminder of our common humanity.

And to the American public ... get ready for change and uncertainty. We know that as science progresses, information will change, often multiple times a day, and consequently, recommendations and policies will change.

For some time, we will experience increasing numbers of coronavirus cases and deaths. It will get worse before it gets better.

Sandra Crouse Quinn is a professor and chair of the Department of Family Science at the University of Maryland. She wrote this for the Baltimore Sun.

Julio Cortez / AP

The exterior of the New York Times building in New York. Media companies are balancing the need to cover the coronavirus outbreak with the need to keep their employees safe.

Coronavirus compels telecommuting, travel limits for media

By DAVID BAUDER
AP Media Writer

NEW YORK — The Washington Post is encouraging its staff to work at home and the Los Angeles Times is restricting air travel, two illustrations of how news organizations compelled to cover the coronavirus outbreak are balancing the need to keep employees safe.

Both of those directives went out in memos to staff members on Tuesday. CNN also said that, as of now, its planned Democratic presidential debate Sunday between Joe Biden and Bernie Sanders is on – though it will take place without a live audience.

Washington Post Publisher and CEO Fred Ryan said the Post was encouraging, but not mandating, telecommuting for newsroom personnel if their jobs or needs for equipment permitted it. The policy is in place at least through the end of the month.

"It's a smart thing to do to minimize or eliminate what could go wrong here," said Cameron Barr, a Post managing editor. The newspaper had preparedness plans in place, and technology allows most employees to stay connected remotely. The newsroom won't be empty, since some editors and other staff will remain.

Ryan said the newspaper would continue to operate at "full scale" despite the dispersed employees.

For most people, the new coronavirus causes only mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

The vast majority of people recover from the new virus. According to the World Health Organization, people with mild illness recover in about two weeks, while those with more severe illness may take three to six weeks to recover. In mainland China, where the virus first exploded, more than 80,000 people have been diagnosed and more than 58,000 have so far recovered.

The Los Angeles Times said it was suspending air travel for staff members except in cases where it is "absolutely" required for the job, according to a memo sent by Executive Editor Norman Pearlstine on Tuesday. Those who do have to fly will be asked to work from home for two weeks after their flight, he said.

Exceptions will likely include coverage of sports teams or presidential campaign coverage, said a senior editor at the newspaper who spoke on condition of anonymity because the person was not authorized to discuss the plans publicly. Some reevaluations are taking place; this weekend's debate will likely be covered off television instead of by a reporter on site, the editor said.

"We all recognize there are certain stories you can't cover by phone and we will continue to travel to cover them," the editor said.

Staff members have been given the option to work from home if they can, subject to their manager's OK, the Los Angeles Times said.

The New York Times told its employees this week that if they want to work remotely they can do so, "and many have taken us up on the offer," a spokeswoman said.

Remote working is not always an option. NBC News, primarily a television news organization, did not mention telecommuting in a coronavirus memo sent to staff Tuesday. The network said it was stepping up cleaning of its facilities and making more sanitizers available.

Bloomberg News said it is requiring its employees in China, Hong Kong, South Korea and Italy to work from home, and recommending that its workers in Seattle, Washington, do the same. Other employees who want to telecommute must make arrangements with their supervisors, a spokesperson said.

The Associated Press said it expects its employees to come to work but is dealing with individual concerns on a case-by-case basis. AP journalists are not expected to go to hospitals or the homes of people infected by coronavirus, a spokeswoman said.

CNN and WarnerMedia Sports said travel should be done "only if absolutely necessary," the company said in a memo from Jeff Zucker, head of both organization. Internal meetings should be done by phone or video conference, if possible, or put off altogether.

"Any employee who has discomfort about traveling anywhere will not be required to do so – regardless of the proposed assignment or event," Zucker said in his memo.

OBITUARIES

William Sherman MacMartin

April 18, 1929 – March 5, 2020

William Sherman MacMartin, 90, passed away peacefully on Thursday, March 5, 2020, in Alpharetta, Ga.

Bill was born in Bay City, Mich., to E.G. "Mac" and Dode on April 18, 1929. He graduated from Midland High School in 1947. After completing his bachelor's degree, he served in the U.S. Army, working in reconnaissance in Germany after the war. Upon his return, he completed his master's degree in business administration at the University of Michigan. Building upon his business degrees, Bill spent much of his life self-employed. In the late 1960s, he and his first wife, Jodi, moved their family to Southwest Michigan. He owned Cast-Matic in Stevensville and later was a manufacturing representative for various companies, including Supreme Die Cast and Wollin Products. In the mid-'80s, Bill and Jodi parted ways. Then in the early '90s, he married Gloria and together they retired to the warmth of the Florida sun.

Bill enjoyed spending time around water and lived in places where he could enjoy boating, including Northern Michigan, Michiana and the Charlotte Harbor area in Florida. He was also an avid golfer and enjoyed many years of retirement in a golf community in Florida.

Survivors of his blended family include: his wife, Gloria, who lost her best friend; his children, Lisa (Terry), Cameron and Scott (Sandra) from his first marriage to Jodi; his stepchildren, Jeff and Cally (Ralph) from his marriage to Gloria; grandchildren: Brittany (Mitchel), Ashley, Ian, Lena, Alec and Lucas; and great-grandchildren: Elias, Ava, Isaiah and Ariya. In addition to his family, Bill had countless close friends who will cherish the good times they had with him.

In accordance to his wishes, cremation has taken place. A celebration of life open to family and friends will be held in Southwest Michigan this summer. In lieu of flowers, the family encourages individuals to make a donation in Bill's honor to the American Heart Association or a charity of their choice.

Bill will be remembered for his quick wit, easy laugh and kind words. He was a compassionate man, always putting others before himself and was a source of joy to all those whose lives he touched. He will be dearly missed by all who knew him.

Dorothy Eileen Tschirhart

Dec. 7, 1922 – March 5, 2020

Dorothy Eileen Tschirhart, age 97, of Grand Haven, Mich., passed away on Thursday, March 5, 2020, at home, surrounded by loved ones.

She was born on Dec. 7, 1922, in Hersey, Mich., to the late Ralph Addison and Blanche Emma (Vliet) Hunt. Dorothy moved to St. Joseph and owned/operated several hair salons (including Dorothy's Hair Styling at the Whitcomb Hotel) for several years before working at V.J. George Beauty Salon as a hair stylist, manicurist and makeup artist until she was 89 years old. She had a passion for music and was a self-taught pianist who loved singing in church and dancing. Dorothy also enjoyed traveling and roller skating and participated in several roller skate dance competitions into her early 90s.

Dorothy will always be remembered as a people person who gave all of herself in anything she accomplished, and would strike up a conversation with anybody. She made a memorable impression without speaking a word and always poured out her glass so everyone would have enough.

Dorothy is lovingly remembered and missed by her daughter, Melanie Tschirhart; and four grandchildren, Danee' Tschirhart (Marc Berry), Sonya (Sam) Kramer Rickman, David (Vanessa) Gargano and Amber Gargano. In addition to being a grandma to her grandkids, she also really enjoyed being a great-grandma and great-great-grandma to eight great-grandchildren and 10 great-great-grandchildren.

The funeral service for Dorothy will take place at 2 p.m. Friday, March 13, at Klaassen Family Funeral Home. Visitation will be held from noon to 2 p.m. Friday at the funeral home. Interment will be in North Shore Memory Gardens in Coloma. In lieu of flowers, the family requests memorial contributions may be made to Klaassen Family Funeral Home in Dorothy's name. Please visit www.klaassenfuneralhome.com to leave a message of condolence for Dorothy's family.

Death notices

Richard DeCrocker, 65, Of Paw Paw died March 1, 2020. Betzler & Thompson Life Story Funeral Home, Paw Paw, 657-3870.

Kenneth Warren DePriest, 72, of Lawton died March 9, 2020. Hoven Funeral Home, Buchanan, 695-2363.

Joyce Kindig, 88, of Cassopolis died March 9, 2020, at home. Brown Funeral Home and Cremation Services, Niles, 683-1155.

Bettie Gean Klann, 82, of Colbert, Okla., formerly of Watervliet died March 4, 2020, at Southern Point Living Center in Oklahoma. Hutchins Funeral Home, Watervliet, 463-3811.

William S. MacMartin, 90, of Alpharetta, Ga., former area resident died March 5, 2020. Northside Chapel Funeral Directors and Crematory, Roswell, Ga., (770) 645-1414.

Betty J. Ruide, 83, of Dowagiac, formerly of Berrien Springs died March 9, 2020. Connelly Chapel, Wagner Family Funerals, Cassopolis, 445-2435.

Patricia Ann "Pat" Tincher, 90, of Galien died March 7, 2020. Pobocik Chapel, Wagner Family Funerals, Three Oaks, 756-3831.

Pamela A. Gillespie

Aug. 14, 1955 – Feb. 27, 2020

Pamela A. Gillespie, 64, of Benton Harbor passed away Thursday, Feb. 27, 2020, at her home.

A Celebration of Life Service will be announced at a later date. Memorial donations in Pam's name may be made to Caring Circle Hospice or The Humane Society of Southwestern Michigan. Those wishing to sign Pam's memory book online may do so at www.starks-menchinger.com.

Pam was born Aug. 14, 1955, in Coloma, to Stanley and Joyce (Tetor) Youngman. She graduated from Coloma High School, class of 1973. On July 1, 1989, she married Thomas Gillespie in St. Joseph. Pam went on to earn her certification in massage therapy and operated Aaahhh Massage for many years. Most recently she had been employed at Grapevine Nursery in Hagar Township.

Pam was very proud of her Cherokee Indian heritage and practiced their spiritual beliefs. She was a very generous, giving and caring person, always looking out for others. She especially enjoyed hosting parties at the house for family and friends. In her free time, Pam enjoyed tending to her flower gardens at the house and riding motorcycles with Tom.

Pam is survived by her husband, Tom; her son, Paul Wayne Oliver of Coloma; her mother, Lela "Joyce" Weber of Edwardsburg; three grandchildren, Justin, Christian and Alexis; her sister, Kathy Jo Avila of Edwardsburg; her brother, Stanley "Buddy" Youngman of Edwardsburg; and several nieces and nephews.

She was preceded in death by her father, Stanley Youngman; and her stepfather, Larry Weber.

Bettie Gean Klann

Dec. 22, 1937 – March 4, 2020

Bettie Gean Klann, of Colbert, Okla., formerly of Watervliet died March 4, 2020, at Southern Point Living Center in Oklahoma.

Bettie's life began Dec. 22, 1937, in Heber Springs, Ark. When she was a young child her family moved to Michigan, making Southwest Michigan their home. Bettie was a lifelong area resident until she moved to Oklahoma to be closer to family. When her health didn't hold her back, she enjoyed going to church and reading mystery novels.

Her greatest joy was her family, which includes: three children, Lori Miller of Michigan, Jeffery Klann of Oklahoma and Charles Matthews of Virginia; nine grandchildren: John Klann, Abbey Klann, William Klann, Mark Klann, Gary Klann, Patrick Klann, Ashley Matthews, Christopher Matthews and a special granddaughter, Christina Miller; several great-grandchildren; a sister, Elizabeth Beam of Oklahoma; a brother, Michael Gardner of Michigan; many nieces and nephews; and her lifelong friends of over 70 years, Leona and John Fuller.

She is preceded in death by four sons: Arthur Klann, Gary Klann, Mark Klann and John Klann; her parents, Hugh and Pauline Gardner; and four sisters: Wanda Wallace, Margaret Matthews, Virginia Headen and Mary Frances Gardner.

Cremation has already taken place and memorial service will be celebrated in September in Oklahoma.

Anna Ida (Redamak) Bayor

Sept. 4, 1918 – March 8, 2020

Anna Ida (Redamak) Bayor, 101, formerly of New Buffalo, now of Michigan City, Ind., passed away on Sunday, March 8, 2020, at The Arbors in Michigan City. Arrangements have been entrusted to Sommerfeld Chapel, 15 N. Barton St., New Buffalo.

Anna was born on Sept. 4, 1918, in Harvey, Ill., to the late George and Urty (Paulkot) Redamak. She was a 1936 graduate of New Buffalo High School. On July 14, 1945, in Chicago, she married Edwin Bayor; he preceded her in death on July 12, 1984. Anna was a member of St. Luke United Lutheran Church in Michigan City.

Anna is survived by a nephew, Kenneth Hillman of Three Oaks; nieces, Brenda Phillips of St. Joseph and Nancy Pike of New Carlisle, Ind.; and great nieces, Julie Flick, Sara Mead, Amanda DesErmia and Nadean Burtzlaff.

She is also preceded in death by nephew, Terry Redamak; niece, Beverly Jones; brothers, George and John Redamak; and a sister, Elsie Hillman.

A Celebration of Life service will be held at 2:30 p.m. Friday, March 13, at Sommerfeld Chapel in New Buffalo, with Pastor Ruth Popkin officiating. Burial will follow in Pine Grove Cemetery in New Buffalo. Visitation with the family will precede the service from 2-2:30 p.m. at the funeral home. Memorial contributions may be made to St. Luke United Lutheran Church in Michigan City or to Harbor Light Hospice, 1820 E. Day Road, Mishawaka, IN 46545. Friends may leave the family a message of condolence at www.sommerfeldchapel.com.

Panda and poke: Restaurant trademarks can stir legal fights

By TERRY TANG
Associated Press

GILBERT, Ariz. — When picking a name for their Asian-Mexican fusion restaurant in suburban Phoenix, Paul and Nicole Fan settled on "Panda Libre," hoping the mix of China's iconic bear and the Spanish word for "free" would signal to customers the type of cuisine it offered.

That decision could cost them dearly. Chinese takeout chain Panda Express sued them in federal court last month alleging trademark infringement.

The lawsuit showcases how trademark law can collide with an evolving dining landscape, where restaurateurs peddling Asian or Asian "inspired" foods often pick a name that instantly invokes a connection to that culture. But getting a trademark for the new name can lead to ugly and sometimes public clashes over ownership and cultural appropriation. In recent years, businesses have butted heads over whether a restaurant or food truck can legally own the right to use words rooted in Asian American Pacific Islander cultures like "aloha" and "poke."

The growing popularity of fast-casual restaurants like Thai, Indian or poke – diced and marinated raw fish – has led to a rush for ownership of certain aspects of that culture, said Telly Wong of IW Group marketing agency in New York City. Having a name that conveys authenticity is crucial when consumers make snap judgments, he said.

"Sometimes you need that cultural shorthand to convey that message," Wong said.

Panda Express' parent company, Rosemead, California-based Panda Restaurant Group, says it has owned the trademark for "Panda" for Chinese food services since 2001. The chain wants a court injunction and for Panda Libre to destroy signs, social media posts and other materials with the name.

"It would be like starting a new company. That alone there is hundreds of thousands of dollars in this restaurant," Nicole Fan said. "Going through this whole ordeal, the lawsuit, will bankrupt us."

On top of punitive damages and legal fees, Panda Express, which generated $2 billion in sales last year, is asking for all of Panda Libre's profits since it opened last year in Gilbert, about 20 miles east of Phoenix.

"Oftentimes it's overstated – the damages – to get the attention of the defendant," said Charles Valauskas, a Chicago intellectual property attorney who has represented restaurants. "It's not like (Panda Express is) going to sit there and wait till every last penny is drained from a bank account."

Experts say Panda Express is within its right to trademark "Panda" for restaurant and food products.

"If you were selling pandas under the name 'Panda,' you probably wouldn't be able to do that because it's describing literally what you're doing," said Mark Simpson, a veteran intellectual property lawyer in Philadelphia. "It's like trying to trademark the words 'grocery store.' You could trademark 'Whole Foods' the grocery store."

Panda Express, which Andrew and Peggy Cherng launched in 1983 as an offshoot of their Panda Inn restaurants, has more than 1,900 locations nationwide. The company says it has a "legal obligation to consistently protect them" but is hopeful for a resolution.

"We believe there is a path forward that allows for this small business to operate while respecting our intellectual property rights, and we remain open to a conversation with those involved," the company said in an email.

Nicole Fan says nobody has entered Panda Libre thinking it was a Panda Express. She points to the logo – a panda dressed in a cape and mask like a Mexican wrestler – and the fact that there are other eateries that use "panda."

Panda Restaurant Group said it takes legal action on a "case-by-case basis." It also says it settled several trademark infringement issues without litigation last year.

DO YOU REMEMBER?

25 years ago – 1995

U.S. Rep. Fred Upton said he is trying to get the former Aircraft Components buildings on North Shore Drive listed on the federal Superfund priority list for cleanup. Several tons of radium-bearing aircraft gauges stored in the unused factory building are a potential health hazard.

The faces of the World War II vintage gauges were coated with paint containing radium, which can cause cancer in people who come into frequent close contact with it. Radium makes dials visible in the dark.

35 years ago – 1985

Bridgman took a fifth in the Class B state swim meet in East Lansing Saturday while having two relay teams and two individuals earn All-State honors.

Bridgman, the only Class D school in the field, also had four school record times while scoring 75 points – the highest ever for a Bridgman team at the state meet. "Everybody that scored points is coming back next year, so we are very happy about that," concluded first-year Bridgman Coach Tim Davis.

50 years ago – 1970

Seniors from Lake Michigan Catholic High School, including John Howard, Janet Runge, and Gordon Vidt, will knock on doors of businesses and professional establishments in the Twin Cities this week to solicit advertisements for the school's first year book. Charmain Farnan is the business manager for the year book.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Wednesday, March 11, the 71st day of 2020. There are 295 days left in the year.

Highlight in history:

On March 11, 2011, a magnitude-9.0 earthquake and resulting tsunami struck Japan's northeastern coast, killing nearly 20,000 people and severely damaging the Fukushima Dai-ichi nuclear power station.

On this date:

In 1862, during the Civil War, President Abraham Lincoln removed Gen. George B. McClellan as general-in-chief of the Union armies, leaving him in command of the Army of the Potomac, a post McClellan also ended up losing.

In 1888, the Blizzard of '88, also known as the "Great White Hurricane," began inundating the northeastern United States, resulting in some 400 deaths.

In 1918, what are believed to be the first confirmed U.S. cases of a deadly global flu pandemic were reported among U.S. Army soldiers stationed at Fort Riley, Kansas; 46 would die. (The worldwide outbreak of influenza claimed an estimated 20 to 40 million lives.)

In 1941, President Franklin D. Roosevelt signed the Lend-Lease Bill, providing war supplies to countries fighting the Axis.

In 1942, as Japanese forces continued to advance in the Pacific during World War II, U.S. Army Gen. Douglas MacArthur left the Philippines for Australia, where he vowed on March 20, "I shall return" – a promise he kept more than 2½ years later.

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
Isolated Rain	Mostly Cloudy	Scattered Rain	Mostly Cloudy	Chance Rain	Partly Cloudy
44°	38°	55° / 36°	39° / 32°	36° / 26°	42° / 32°

Local Outlook

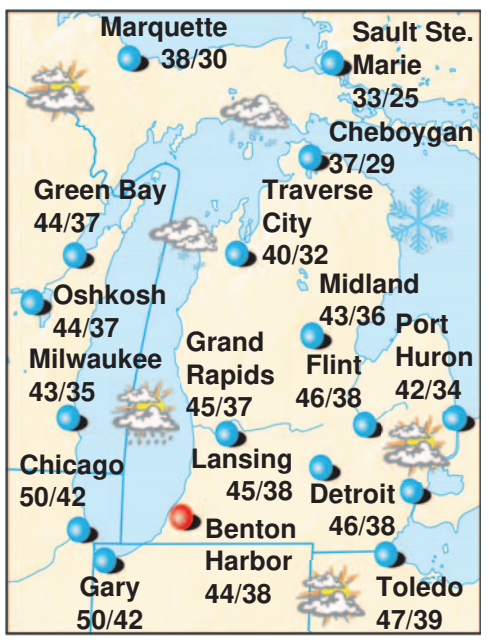
Today we will see mostly cloudy skies with a 30% chance of isolated rain, high of 44°, humidity of 73%. South wind 2 to 5 mph. Expect mostly cloudy skies tonight, overnight low of 38°. East southeast wind 2 to 6 mph. The wind chill for tonight could reach 34°.

Sun and Moon

Sunrise	8:03 a.m.
Sunset	7:48 p.m.
Moonrise	10:27 p.m.
Moonset	9:29 a.m.

Last	New	First	Full
3/16	3/24	4/1	4/7

Regional Map



Local Almanac

Benton Harbor Yesterday

Temperature	
High	40°
Low	31°
Normal High	44°
Normal Low	27°
Record High	65° in 2010
Record Low	6° in 2003
Precipitation	
Yesterday	0.08"
Month to date	0.65"
Normal for month	0.75"
Year to date	5.57"
Normal Year to date	3.92"

Air Quality

Yesterday	34
Main Offender	Ozone

The higher the number, the greater the need for people with respiratory problems to reduce outside activity.

0-50	Good
51-100	Moderate
101-150	Sensitive
151-200	Unhealthy

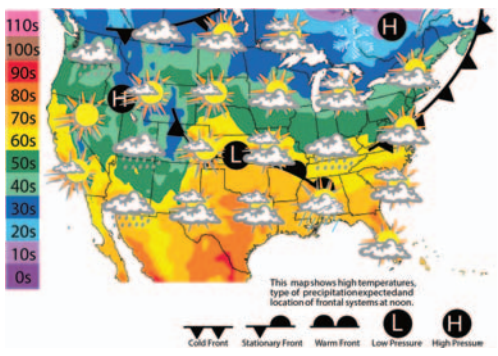
Weather Trivia

Which continent receives the least amount of precipitation?

Answer: Antarctica

National Weather Map

Forecast map for March 11, 2020



For latest weather updates: **www.UpdatedWx.com/HP**

Lake Michigan

Today, Variable winds 5 kt or less. A slight chance of showers. Waves around 1 ft. Water temperature 34 degrees. Tonight, Variable winds less than 5 kt. Mostly cloudy.

Michigan Forecast

Upper Peninsula

Today, skies will be cloudy with widespread snow, highs in the 30s and 40s. South wind 2 to 7 mph. Expect mostly cloudy to cloudy skies Thursday with widespread rain, highs in the 40s and 50s. South southeast wind 6 to 9 mph.

Lower Peninsula

Today, skies will be mostly cloudy with isolated rain, highs in the 40s. South wind 2 to 5 mph. Expect mostly cloudy skies Thursday with widespread rain, highs in the 50s. South southeast wind 6 to 11 mph.

Conspiracy theorist Alex Jones arrested for DWI in Texas

AUSTIN, Texas (AP) — Conspiracy theorist Alex Jones was arrested in Texas on a misdemeanor charge of driving while intoxicated after his wife called police to their house over an argument, according to court records released Tuesday.

The Infowars founder was booked into an Austin jail shortly after midnight and released on bond a few hours later, Travis County Sheriff's Office spokeswoman Kristen Dark said. Jones, 46, had a "strong odor of alcohol" coming from him and his blood-alcohol level was recorded at .076 and .079, according to court records.

In Texas, the legal blood alcohol limit is .08 percent. Jones was also allegedly unable to complete sobriety tests, losing his balance and failing to touch heel to toe.

In an arrest affidavit, the sheriff's deputy said he was originally responding to a family disturbance call at Jones' home just after 10 p.m. Monday. "Dispatch advised the disturbance now was only verbal but earlier in the day 'it was physical,'" the affidavit said.

An attorney for Jones did not immediately return a message seeking comment Tuesday. An article posted on his Infowars website suggested he was pulled over for going five miles over the speed limit. The article mentions Jones having a "small amount of sake" with his wife at dinner but does not mention an argument.

Biden wins big, deals blow to Sanders

By WILL WEISSERT and LAURIE KELLMAN
Associated Press

WASHINGTON — Joe Biden decisively won Michigan's Democratic primary on Tuesday, seizing a key battleground state that helped propel Bernie Sanders' insurgent candidacy four years ago. The former vice president's victory there, as well as in Missouri and Mississippi, dealt a serious blow to Sanders and substantially widened Biden's path to the nomination.

Biden again showed strength with working-class voters and African Americans, who are vital to winning the Democratic nomination. Sanders' hopes rested on Idaho, North Dakota and Washington state, where votes were still being tabulated but where far fewer delegates were at stake.

Tuesday marked the first time voters weighed in on the primary since it effectively narrowed to a two-person race between Sanders and Biden. And the first three large states easily went to Biden, a dramatic reversal for a campaign that appeared on the brink of collapse just two weeks ago. Now it is Sanders, whose candidacy was ascendant so recently, who must contemplate a path forward.

Addressing supporters in Philadelphia, Biden noted that many had "declared that this candidacy was dead" only days ago but "now we're very much alive." He also asked Sanders supporters to back him going forward.

"We need you, we want you, and there's a place in our campaign for each of you. I want to thank Bernie Sanders and his supporters for their tireless energy and their passion," Biden said. "We share a common goal, and together we'll beat Donald Trump."

Even as the contours of the race came into shape, new uncertainty was sparked by fears of the spreading coronavirus. Both candidates abruptly canceled rallies in Ohio that were scheduled for Tuesday night. That set the stage for Biden's remarks in Philadelphia, while Sanders flew home to Vermont and didn't plan to address the public.

Sanders' campaign also said all future events would be decided on a case-by-case basis given public health concerns, while Biden called off a scheduled upcoming Florida stop. Still, the former vice president said Tuesday night that he'd be announcing plans to combat the coronavirus later this week.

The Democratic National Committee also said that Sunday's debate between Sanders and Biden would be conducted without an audience.

Among former White House hopefuls and leaders of powerful liberal groups, however, Biden's momentum is now undeniable.

Bradley Beychok, president and co-founder of American Bridge 21st Century, a liberal super PAC, said his group "will be ALL IN to elect @JoeBiden as our next president." The organization is spending millions of dollars trying to win over people who backed President Donald Trump in key states in 2016.

Guy Cecil, chairman of the flagship Democratic outside political organization Priorities USA, tweeted: "The math is now clear. Joe Biden is going to be the Democratic nominee for President and @prioritiesUSA is going to do everything we can to help him defeat Donald Trump in November."

There were other major warning signs for Sanders on Tuesday. He again struggled to win support from black voters. Two-thirds of Mississippi's Democratic primary voters were African American, and three-quarters of them supported Biden, according to AP VoteCast surveys of the electorate.

After Sanders upset Hillary Clinton in Michigan four years ago, his loss there Tuesday was particularly sobering. It undermined his argument that he could appeal to working-class voters and that he could expand the electorate with new young voters.

His showing makes it difficult for Sanders to argue that he could win the state in November, when Democrats are desperate to rebuild their blue wall, which includes Wisconsin, Pennsylvania and Michigan.

One of the few bright notes for Sanders was his strength among young voters, but even that has a downside because they didn't turn out enough to keep him competitive. Sanders won 70 percent of those under 30 in Missouri and 64 percent in Michigan, according to AP VoteCast. The senator was also about even with Biden among voters ages 30 to 44.

According to an Associated Press analysis, Biden had picked up at least 113 new delegates: 51 in Michigan, 34 in Missouri and 28 in Mississippi on Tuesday. Sanders got 53: 34 in Michigan and 19 in Missouri. Some 186 had yet to be allocated, including those from Idaho, Utah and Washington state.

Although six states voted, Michigan – with its 125 delegates – got most of the attention. Trump won the state by only 10,704 votes during the general election, his closest margin of victory among Michigan, Pennsylvania and Wisconsin. Those states gave Trump the narrow edge in the 2016 Electoral College after Clinton won the popular vote.

Sanders has vowed not to drop out regardless of Tuesday's results and frequently railed against the "Democratic establishment" that he says has aligned against him.

In addition to the powerful groups now siding with Biden, the former vice president has picked up the endorsements of many of his former presidential rivals, including Sen. Kamala Harris, Sen. Cory Booker and, as of Tuesday, entrepreneur Andrew Yang. Michigan Gov. Gretchen Whitmer, sometimes mentioned as a possible vice presidential choice, also endorsed Biden and campaigned with him ahead of Tuesday's primary.

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hp LOCAL

Looking for a new job?
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Tuesday, March 24 from 10AM–12PM
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MICHIGAN WORKS! Berrien • Cass • Van Buren

'We lost an amazing man'

Berrien Chief Public Defender Chris Renna dies

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — Berrien County employees were stunned and saddened Tuesday to learn of the sudden passing of Chief Public Defender Christopher Renna, who died of a massive heart attack.

Sources said Renna left work Monday not feeling well and later died at Lakeland Medical Center, St. Joseph.

RENNA

"We lost an amazing man," said Kim Fowler, chief investigator at the Berrien County Public Defender's Office. He said Renna "left to defend the down-trodden in Heaven."

Renna had served as chief assistant public defender until being appointed chief public defender in August 2018.

In January, Renna announced that he had accepted a position as chief public defender in Kalamazoo County and would be leaving Berrien County. His last day in the Berrien County office was to have been March 20. Paul Jancha Jr. earlier was named to replace Renna as chief public defender in Berrien, and will step into that role early.

"It's a devastating loss," Jancha said Tuesday evening by telephone. "He had a wonderful personality as a leader and a friend. He was highly regarded throughout the state and beyond as a leader for indigent defense. We were very lucky to have him."

Fowler said that in the past two years he had become very close to Renna and his "huge compassionate heart."

"He tirelessly fought for clients and for the injustices we would run across in our office … absolutely no doubt that the world will miss Chris and that God will cherish having him," Fowler posted on Facebook.

Berrien Chief Assistant Prosecutor Steve Pierangeli said Tuesday his thoughts are with the public defender's office and Renna's family.

"I can say Chris was a zealous advocate for his clients. It's just an incredible tragedy for someone so young to pass," Pierangeli said.

See **RENNA**, page B2

BEACH WALKERS

Don Campbell / HP staff

A couple enjoy a walk along Lake Michigan in Bridgman over the weekend, as mild weather sent many folks outside to enjoy some sun.

BENTON HARBOR SCHOOLS

Superintendent Townsel promises 'high expectations and high accountability'

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — It's a new day in Benton Harbor Area Schools, Superintendent Andrae Townsel said during Tuesday's school board meeting.

"There's going to be high expectations and high accountability," he said after listening to several community members talk about the video that surfaced over the weekend of a first-grade teacher allegedly watching students in her classroom physically bully a student at International Academy at Hull.

That teacher was slated to retire on June 17, but instead retired Monday.

A father said he told Hull's principal last month that the same teacher was bullying his daughter, but nothing was done about it. He said he has an email dated Feb. 11 to prove it.

Townsel, who became the superintendent three weeks ago, said he was very upset when he saw the video and reached out to the parents over the weekend.

"Moving forward, I expect that never to happen again," he said. "We're going to train, put a professional development plan in place and implement that plan, and we're going to make sure it's done with true fidelity."

After the meeting, he said the Benton Township police are investigating the incident. Townsel said that if it was up to him, the teacher would not be allowed to retire with a pension and benefits.

Townsel said that on Monday morning, he was the first person at Hull, which houses first- through third-graders.

"I greeted the parents and I met with all parents," he said. "... It's unacceptable what I saw in that video."

Townsel said he also reached out to the district's multi-tiered support coordinator.

"(I) asked that they run restorative justice circles in that classroom to restore the harm that was caused," he said. "I believe that was a traumatic experience for everyone involved, including the adults that may have been in that classroom. But we have to restore that harm."

It's not only a new day in the school district but this fall, there will be many new faces in charge of some of the district's schools. School board trustees Tuesday accepted resignations from three principals – Lanada Avinger of Fair Plain East, Lauren Bernat of Hull and Dustin Slivensky of Dream Innovative Academy, the district's alternative high school. Avinger's resignation is effective March 2, while Bernat and Slivensky are resigning effective June 30.

When asked if the resignation of Hull's principal had anything to do with the bullying incident, Townsel said that when he came on board, he saw some things across the district that weren't excellent.

"I want to ensure that we have the right people in the right seats leading our young people," he said.

School staff at Hull have been saying for months that student behavior has been out of control.

In October, two teachers and a support person told trustees that too many students are coming to school upset about things

See **TOWNSEL**, page B2

RESA prepares for Read by Grade Three law

By DEBRA HAIGHT
HP Correspondent

BERRIEN SPRINGS — Area school districts are gearing up for this year's implementation of the Read by Grade Three state law, and the Berrien Regional Education Service Agency is no different.

Berrien RESA staff spoke about their literacy efforts at Monday's RESA board meeting. General Education Director Cyndi Ursprung and two staff members reported on the agency's efforts to help county elementary schools.

Those efforts include working with school administrators and classroom teachers to prepare for the new law and improve students' reading scores by providing everything from professional development to quicker access to student data. The RESA staff also provides participating schools with the research they've collected on the subject.

Literacy coach Rebecca Miles said they've taken a proactive approach with teachers in the school districts RESA helps. Teachers worked over the summer to brainstorm and come up ideas to use throughout the year. She noted that staff from seven schools over four districts took part in the summer program and saw 90 percent of their goals met by February.

Miles said that while people have focused on the punitive side of the Read by Grade Three law, in which third-graders who aren't reading at grade level are held back, there are positive aspects to the law. Interventions, monitoring and diagnostic tools are available to help students not meeting those markers.

Ursprung reported that RESA is getting a state grant to hire two more literacy coaches to help individual districts. Those literacy coaches will be on loan from Bridgman and Coloma schools and be available to help out other school districts. RESA works with just less than 40 percent of the school districts, primarily those that are smaller and don't have extra staff.

Whether or not third-grade students are held back under the Read by Grade Three law will depend on their scores on this spring's M-STEP reading tests. Parents will then be notified of their children's scores and their options. While some students may be held back, "good cause" exemptions are available if students are proficient in other subjects.

Also at Monday's meeting, Superintendent Kevin Ivers reported on what RESA is doing relative to coronavirus concerns. He said that a weekly conference call with Berrien County Health Department officials kicks off this week and RESA and individual districts continue to monitor the situation.

"We've been asked to come up with contingency plans if we have to close for an extended period of time," Ivers said. "We're all trying to figure out what that would look like."

SMC board names new trustee

By DEBRA HAIGHT
HP Correspondent

DOWAGIAC — A longtime area educator has been chosen to serve on the Southwestern Michigan Community College Board of Trustees.

Board members held a special meeting Monday morning to fill the vacancy left by the resignation of Dr. Heidi Grabemeyer-Layman last month. Layman has served on the board since early 2015 and resigned because she and her family are moving out of the college district, which includes all of Cass County and two Van Buren County townships.

Monday, members appointed Tracy Hertsel of Vandalia as the board's new trustee. He begins his new duties immediately and will serve the remaining months of Layman's unexpired term and will then have to run for election in November for a new six-year term.

Hertsel is a longtime area education. He worked in the Cassopolis schools for 29 years as a teacher, administrator and the last five years as the superintendent. He is currently employed at Niles Community Schools as director of Student Support Services.

See **TRUSTEE**, page B2

Coloma to celebrate St. Patrick's Day on Saturday

By ALEXANDRA NEWMAN
HP Staff Writer

COLOMA — The time has come again for the residents of Coloma to don their green clothes in celebration of St. Patrick's Day.

This year Coloma's St. Patrick's Day celebration will be Saturday, March 14.

The day will start with a 5K Run/Walk at 9 a.m. at the Coloma Township Hall, 4919 Paw Paw Lake Road. Registration starts at 8 a.m. The cost is $25 and proceeds will go to Animal Aid of Southwestern Michigan. For more information and to sign up, visit runsignup.com/Race/MI/Coloma/3rdAnnualStPatricks5KRunWalk.

The Coloma Public Library, 151 W. Center St., will host a book sale from 10 a.m. to 2 p.m. The book sale will have books, gently used puzzles, DVDs, magazines, audiobooks and more. The library will remain open during the sale.

The North Berrien Historical

See **COLOMA**, page B2

Save the hemlock trees

Group seeks public's help to stop tiny invasive species from killing hemlock trees

By HP STAFF

PAW PAW — A tiny insect could prove to be just as harmful in causing erosion along the lakeshore as Lake Michigan's record-high water level.

That news comes from a regional organization that is trying to control the spread of invasive species throughout Van Buren and Berrien counties.

"As erosion continues to affect communities along Lake Michigan, dunes and hillsides can be weakened even more by the threat of a tiny invasive insect, the hemlock woolly adelgid (HWA)," said A.J. Brucks, executive director of the Van Buren Conservation District, which helps oversee the grant-funded SW x SW Corner Cooperative Invasive Species Management Area (CISMA). "The roots of a healthy hemlock tree hold onto soil and keeps it from eroding away, but this tiny insect threatens to kill off this defender of dunes."

The Conservation District has been hoping to stave off the spread of the

See **HEMLOCKS**, page B2

RENNA

From page B1

Renna was 40.

Philip Duclos, an assistant public defender, said Renna had "a heart of gold."

"He was always patient, kind and willing to offer words of encouragement, advice, or just lend a compassionate ear. He dedicated his life to public service and each client, each judge, each attorney he worked with left their interactions with Chris with renewed perspective, energy and focus," Duclos said. "He was the first boss I ever had as an attorney and although he imparted wisdom and oversight on every case and for every client, he never micromanaged and always encouraged us to advocate creatively and passionately and independently. Chris was the best of us."

Duclos said from Renna, he learned that "to be an attorney means to be a servant, a leader, a compassionate listener, a creative thinker, a fierce advocate for those who are trampled upon by our legal systems."

He said the lawyers in the Public Defender's Office will miss Renna and vow to carry on his "spirit, passion, mission and love for all."

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TOWNSEL

From page B1

that happened before they arrived in the building, and it takes a while to calm them down so they can learn.

One teacher said she was having a great year with 22 students, making her classroom have more of a family feel to it. But she said earlier in October, classes were combined, meaning that the work load of all teachers increased by almost 25 percent.

Another teacher said some students are kicked, punched and bullied at school and there appears to be no consequences.

Trustees heard a similar story in December 2017 from several teachers at STEAM Academy at MLK, which at the time housed third- through fifth-grade students. They presented school board trustees with a letter that was signed by at least 11 school employees.

"Several of our staff members have been physically assaulted by students," stated the letter. "These students face little to no consequences and are back in the classroom shortly after the incident. This jeopardizes the safety of the adults in the room as well as children."

The letter stated that the classroom environments were toxic.

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Michigan deal funds virus outbreak defense

By DAVID EGGERT
Associated Press

LANSING — Michigan lawmakers and Gov. Gretchen Whitmer on Tuesday agreed to $321 million in spending that will be used to combat the coronavirus, provide financial assistance for certain adults to go to community college and partially revive the state's tourism campaign.

The supplemental bills won bipartisan approval from the Republican-led House and could be passed by the GOP-controlled Senate on Thursday. The Democratic governor will sign the legislation.

Some of the money will partly restore funding she vetoed last fall amid a budget impasse over fixing roads.

The measures include:

■ $35 million to fund the Reconnect Grant program, which Whitmer proposed a year ago. Starting in the next school year, the state will provide tuition-free community college or technical training for an estimated 51,000 nontraditional students age 25 and older who have no associate's or bachelor's degree. The aid will cover tuition or mandatory fees not already offset by need-based federal Pell Grants or Michigan's tuition program for Medicaid recipients.

■ $25 million to prepare for and respond to the coronavirus, $10 million now and $15 million in reserve. Michigan has no confirmed cases of COVID-19, but many states do.

■ $16 million for the Pure Michigan tourism and marketing campaign, which was not funded for five months.

TRUSTEE

From page B1

Hertsel is a Dowagiac native and graduated from Cassopolis Ross Beatty Junior/Senior High School as well as SMC, where he received his associate of arts degree in 1983. He continued his education with a bachelor of science in physical education and a master of arts in athletic administration, both from Western Michigan University.

In the community, he also serves as president of the board of the Cassopolis Family Clinic Network and a board member of the Cassopolis Public Schools Foundation.

Board Chairman Tom Jerdon praised Hertsel's community involvement and educational experience. "Tracy's long involvement in the community and understanding of the current K-12 education environment will be tremendous assets to SMC," he said.

"He is an advocate for dual enrollment and a veteran administrator and educator who has experience with collective bargaining agreements, budgets, faculty and students," he added. "He's a wealth of experience."

Three board seats will be up for election this November for residents of the SMC college district. The seats currently held by Jerdon as well as Treasurer Becky Moore will also be on the ballot.

COLOMA

From page B1

Museum, 300 Coloma Ave., will join in Coloma's St. Patrick's Day activities for the fourth year.

The museum will have an immersive program for children to learn about the history of Irish immigration to the United States and the roles Irish-Americans played in Michigan. Activities will include filling out a simulated historical citizenship document using a quill, as well as an interactive assembly line to demonstrate the work done by Irish-American laborers in Michigan's automotive factories. Participants will leave with their own shamrock-decorated rubber band car and goodie bag.

This free program is designed for ages 6–12. Due to limited space and supplies, RSVP is required. There are two time frames available to participate, beginning at 1 p.m. and 2 p.m. Call 468-3330 or email peter@northberrienhistory.org to RSVP.

The Coloma United Methodist Church, 144 S. Church St., will serve an Irish Stew Dinner from 5 to 6:30 p.m. Dinner includes stew, salad, a roll, dessert and a beverage. Take-out is available and proceeds will go to the church's general fund.

The day will conclude with a lighted parade at 8:30 p.m.

The parade will begin at the Coloma Fire Station, 170 Washington St., and proceed through town, stretching down South Paw Paw Street towards the Dairy Queen with awards back at the fire station. Awards, cocoa and cookies will be served immediately after back at the fire station.

The events are put together by the Coloma St. Patrick's Day Committee. More information can be found on the North Berrien Community Development & Coloma-Watervliet Area Chamber of Commerce website www.coloma-watervliet.org/calendar.php.

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HEMLOCKS

From page B1

hemlock wooly adelgid in Berrien and Van Buren counties since last year.

"It's a small insect that's caused big problems out East and is now established in four counties in Michigan, including Allegan," said Eleonor Serocki, of the CISMA in a previous interview.

The Conservation District and CISMA plan to set up several information sessions for people in Berrien and Van Buren counties who want to learn more how to identify the hemlock woolly adelgid and protect their hemlock trees from the invasive species.

The meeting times, dates and locations follow:

■ March 18 – Van Buren District Library Covert branch, 33805 M-140 Hwy., Covert, 5 p.m.

■ March 26 – Coloma Public Library, 151 W Center St., Coloma, 6:30 p.m.

■ March 30 – South Haven Memorial Library, 314 Broadway Ave., South Haven, 6 p.m.

For the past year, the SW x SW CISMA staff has focused on stopping the spread of HWA by checking the branches of hemlocks throughout Berrien and Van Buren counties.

"We want our communities to know this invasive can become very serious, but also that it's very treatable if it's caught early," said Logan Yonkus, one of the SW x SW Corner CISMA hemlock surveyors. "If HWA is in one of our counties, our job is to find it. But we can't do that without the help of residents. By raising awareness, we hope to create a community that knows and understands HWA so that it can be found before it's too late."

The session will include information on how to identify hemlocks and HWA, the damage the insect can cause, and how property owners can schedule a free survey with the SW x SW Corner CISMA to ensure their trees are not infected. By understanding the basics of not moving firewood too far from its source, buying hemlocks from responsible nurseries, and parking away from hemlock branches near summer houses and campsites, individuals can keep HWA from spreading, according to Yonkus.

Hemlock woolly adelgid has killed many hemlocks throughout the Eastern United States since it arrived from Japan in the late 1950s. However, populations of HWA have only been in Michigan since 2015. Four counties are known to have this invasive pest: Muskegon, Ottawa, Oceana, and Allegan. "This is a statewide effort," Yonkus says. "CISMAs across Michigan are acting to treat and reduce the spread of HWA, but it's important that Michiganders know where these pests are and how to keep from spreading them farther."

The information session is free and open to the public. For more information on HWA or to discuss a hemlock survey, contact Abbie Bristol and Logan Yonkus by email: swmihwa@gmail.com or phone: 269-657-4030 ext. 5.

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hp FOOD

‘Eat Something’ with a side of stand-up comedy

A combination cookbook – Jewish stand-up comedy and family album – “Eat Something: A Wise Sons Cookbook for Jews Who Like Food and Food Lovers Who Like Jews” by Evan Bloom and Rachel Levin includes recipes from Wise Sons Delicatessen, which has locations in the San Francisco and Tokyo.

Jane Ammeson

“Our lives, as Jews, revolve around food in a way that’s at once fanatical, logical and comical, and to be honest, kind of pathological,” Bloom writes in the introduction to the book. “Especially when family is in town. Meals are plotted with the care and calculation of a presidential campaign. While spreading the cream cheese on our bagels, we discuss where we should go for lunch; while the Russian dressing drips from our Reubens, we ruminate over dinner reservations; while arguing over the best way to get to the airport in the morning, we wonder if we’ll have time to pick up egg-and-cheese sandwiches on the way. (We won’t.)”

The touch of humor starts early with the page titled “A Jewish Life in Meals a.k.a the Table of Contents” that features chapters like “Visiting the Grandparents in the Sunshine States,” “Dinner with the Goyim In-Laws,” “First Meal Home from College” and “J Dating: “Are You Meeting New People? (I Hope They’re the Right Kind.)”

Besides the recipes and the jokes, Bloom also added family photos and recollections (centered around food, of course), illustrations, shots of some of the recipes and intriguing tidbits, including how frequently Chinese take-out is served in Jewish homes for Christmas dinner.

The following recipes are from “Eat Something.”

Big Macher Burger

Makes 4 burgers.

4 ounces pastrami
1 pound ground beef
1 tablespoon vegetable oil
4 teaspoon Diamond Crystal kosher salt
4 slices American cheese (or cheddar)
4 sesame seed challah buns
1/4 cup Russian Dressing (see recipe below)
16 Pickled Cucumbers Bread & Butter Style (see recipe below)
1/4 cup yellow onion, chopped
2 cups iceberg lettuce, shredded
Sour dill pickle spears, for serving

Finely chop the pastrami, or pulse quickly with a food processor, taking care not to over process, which will heat the meat.

In a large bowl, combine the ground beef and chopped pastrami. Mix the meats together until well combined, but do not overmix.

Use a kitchen scale to weigh out four 5-ounce portions, or eyeball them, forming each into a smooth round ball between your palms. Gently press each patty into a flat

See **AMMESON**, page B4

BREAKFASTS AND BANQUETS

Wings: American Legion Post 331, 4241 Legion St., Bridgman, will hold a wing night from 5-7:30 p.m. today. Cost varies. Each meal includes celery, and barbecue, ranch, blue cheese or hot sauce.

Burgers: American Legion Post 518, 4789 Weechik Road, New Troy, will have a hamburger night from 5-8 p.m. today. Cost is $5 for a burger, fries, salad and dessert. Cost is $6 for a burger, onion rings, salad and dessert. Cost is $3.50 for salad and dessert only.

Burgers and taco salad: The Van Buren Sportsmen’s Club, 54630 County Road 687, Hartford, will serve dinner from 5-8 p.m. today. Burgers start at $3. Taco salads start at $5.75. For more information, call 621-3994 after 2 p.m.

Burgers and brats: The D.A.N.K., 2651 Pipestone Road, Benton Harbor, will serve burgers for $3, brats for $1.50, hot dogs and sides from 6-8 p.m. today. Drink specials will be available.

Burgers: American Legion Post 105, 1645 Paw Paw Ave., Benton Harbor, will hold a burger night from 5-8 p.m. Thursday. A 1/3-pound burger and fries starts at $4.25.

Fish, chicken or shrimp dinner: American Legion Post 331, 4241 Legion St., Bridgman, will serve dinner from 5-7:30 p.m. Friday. Meal options are an all-you-can-eat pollock dinner; a shrimp basket; a half chicken; or a one-fillet walleye dinner for $10. Included with each meal are coleslaw, fries and bread.

Fish fry: The Van Buren Sportsmen’s Club, 54630 County Road 687, Hartford, will hold a fish fry from 5-8 p.m. Friday. The menu includes fish, chicken and shrimp. Prices start at $7.50. Salad bar is included. For more information, call 621-3994 after 2 p.m.

Steak or shrimp: American Legion Post 568, 3093 Johnson Road, Stevensville, will serve steak and shrimp dinners from 4:30-7 p.m. Saturday. Meals include a choice of steak ($13 New York strip, $16 rib-eye) or shrimp ($8) along with a baked potato, salad, garlic bread and coffee. Carry out-meals will be available.

Mostaccioli: American Legion Post 362, 6505 Red Arrow Highway, Coloma, is holding a benefit dinner from 5-7 p.m. Saturday for Linda Marler, a bartender at the Legion for more than 40 years who is having health issues. The public is invited to attend. There also will be a 50/50 raffle, drawings and an auction.

Breakfasts and Banquets appears each Wednesday in Food. The deadline is the preceding Wednesday at noon. Civic groups sponsoring fund-raising meals, classes or other food-related events should send information in writing to: Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085; fax to 429-4398 or email focus@TheHP.com.

Photos provided

Rosie’s Sweet Shack has been a Berrien County Youth Fair mainstay since the 1940s.

Cotton candy and caramel apples

Rosie’s Sweet Shack is a youth fair staple

By JANE AMMESON
HP Correspondent

Julie Pendergrass, at left, works with Gerry Pendergrass inside Rosie’s Sweet Shack at the Berrien County Youth Fair.

Rosie’s Sweet Shack has been a family business since the mid-1940s, when Don Rose started selling Orange Crush and root beer at Silver Beach Amusement Park.

When another vendor who sold cotton candy and caramel apples wanted to retire, Rose took that over, too.

“The very first Berrien County Youth Fair was in 1946, and the story I heard was that it didn’t do well,” says Marc Pendergrass, Rose’s grandson. “So some people from the fair came to Silver Beach and asked vendors like my grandfather if they wanted to set up at the fair. So in 1947, my grandfather set up a tent at the fair. In the ’60s, our family put up a building, the same one we still use today, though we had to put on a new roof and redo the original wood floor.”

When Marc and his brothers, Tim and Mike, were young, they helped their grandfather get ready for the fair.

“My brother and I would wake up early in the morning and go down in the basement to make syrup for snow cones,” Marc says. “At the time, we’d go through 15 to 20 gallons of snow cone syrup every day. We’ve got really good at it, we had an assembly line going – washing the jugs, mixing it up and siphoning it into gallon containers.”

The pay was good, too.

“My grandfather paid us 25 cents a gallon, and we could make about $5 each, which was good money back then,” he says. “There weren’t as many vendors back then as there are now, so we don’t sell as many snow cones, but still we serve about 5,000 to 6,000 in a week.”

GERRY PENDERGRASS

Marc and his brothers are the sons of Geraldine “Gerry” and Tom Pendergrass.

“They called us Tom and Gerry,” Gerry says.

Gerry is Rose’s daughter, and she started helping her dad at a young age, earning the nickname Little Crush.

“When I was around 8, I started folding popcorn boxes and filling them with popcorn, getting them ready for the fair,” Gerry says. “I’m 80 now, so that was 72 years ago.”

She remembers coming home at night as a kid, counting the coins and rolling them to take to the bank. It made for long days and nights, but her memories are all about how fun it was.

“My dad worked for St. Joe schools and also made caramel apples for their football games,” she says. “When I started helping out, I felt like such a big girl. I loved fair time. It was exciting and very family oriented. I can remember everyone watching out for me when I was young when we were there. Once, I was watching the bumper cars, and someone asked me if I wanted a ride, and the guy running the bumper cars said, ‘No, she doesn’t,’ and sent me back to Rosie’s.”

For years, Tom and Gerry ran Rosie’s. Tom, who has passed away, had great carpentry skills. He added to the building and did repairs.

The building is owned and kept up by the family, and they rent the space where it’s located from the fair. It is one of about six permanent vendor buildings on the property.

Tom and Gerry ran Rosie’s for a long time, though Don still helped out. Then Tom became ill. Marc ran it for a couple of years after graduating and returning from the service, even after he took a job in North Carolina.

“But it got to be too much being so far away,” Marc says, so another branch of the family stepped up.

See **ROSIE’S**, page B4

AMMESON

From page B3

puck, tossing and patting between your hands until you have a nice flattened patty, about 5 inches across and 1/2 inch thick.

Transfer to a large plate, cover with plastic wrap, and refrigerate until ready to cook. The patties can be made up to 1 day in advance.

Set a large cast-iron skillet over medium-high heat, and coat evenly with the oil.

When the oil is shimmering, remove the patties from the refrigerator and sprinkle the tops liberally with half the salt, flip, and sprinkle with the remaining salt. Add two patties to the pan, and cook until a light brown crust forms on the bottom and the burger is turning from pink to brown at the edges, about 3 minutes.

Carefully flip with a spatula and place a cheese slice over each burger. Cook for 2 minutes more for a medium-rare to medium burger. The cheese will have melted well at this point. Transfer the cooked burgers to a plate or baking sheet. Repeat with the remaining patties.

With the oil and beef fat still in the pan, place the buns, cut-side down, in the pan and cook over medium-high heat for 2 to 3 minutes, until a golden, toasty crust has formed. Flip and cook for 1 minute more to heat the buns completely.

Put a heaping spoonful of dressing on the bottom half of the bun, spreading it out to the edges. Spread out four bread and butter pickle coins on top, and sprinkle with onion.

Place the cheese-covered patty on top, and cover with a heap of lettuce. Spread a bit more dressing on the top bun to "glue" it to the burger toppings and use your palm to gently smush everything down. Serve with a sour pickle spear.

Russian Dressing

Makes about 3/4 cup.

1/2 cup mayonnaise
1 1/2 tablespoons ketchup
1 1/2 tablespoons yellow onion, grated (use the small holes of a box grater)
1 tablespoon dill pickle relish
1/2 teaspoon Worcestershire sauce
1/2 teaspoon sriracha
Pinch of garlic powder
Freshly ground black pepper

In a small bowl, whisk together all of the ingredients until well combined. Store, covered, in an airtight container in the refrigerator for up to 1 month.

Pickled Cucumbers Bread & Butter Style

Makes enough to fill a 1 quart jar.

1 recipe Sweet Brine (see recipe below)
12 ounces Persian cucumbers, thinly sliced
1 cup yellow onion, thinly sliced
1 teaspoon brown or yellow mustard seeds
1/2 teaspoon ground turmeric
4 garlic cloves, peeled and smashed with the flat side of a knife

While the brine mixture is heating, toss the cucumbers and onion together in a small bowl to evenly combine, then transfer to a clean 1-quart glass jar. Add the mustard seeds, turmeric and garlic.

Slowly pour the hot brine into the jar, and let the entire mixture cool on the counter until it reaches room temperature. Seal with a tight-fitting lid and refrigerate.

The pickles will be ready to eat within 24 hours, but will get better with age. They will keep in the refrigerator for up to 3 months.

Sweet Brine

Makes about 2 1/4 cups.

3/4 cup sugar
1 tablespoon Diamond Crystal kosher salt
1 cup apple cider vinegar
1/2 cup water

Heat the ingredients in a small, heavy-bottom saucepan over medium heat until the liquid begins to bubble, whisking once or twice to make sure the sugar and salt are dissolved. Cook for 30 seconds more, and remove from the heat.

Photo provided

Wise Son's Brisket is featured in "Eat Something" by Evan Bloom and Rachel Levin.

Wise Sons' Brisket

Makes 8 servings (with plenty of leftovers).

1/3 cup spicy brown deli mustard, plus more as needed
4 1/2 tablespoons Diamond Crystal kosher salt
1 tablespoon freshly ground black pepper
1 (6- to 8-pound) beef brisket
2 tablespoons vegetable oil
3 cups homemade stock, low-sodium chicken, beef, or vegetable broth, or water
1 (12-ounce) bottle of beer (something dark and sweet, like a porter), or 1/2 bottle dry red wine (such as cabernet or zinfandel)
5 whole prunes, pitted
2 dried bay leaves
1 tablespoon packed dark brown sugar
1 pound carrots, peeled and cut into 1-inch chunks
3 medium yellow onions, thinly sliced
8 garlic cloves, peeled and smashed with the flat side of a knife
2 to 3 tablespoons unsalted butter (optional)

Mix the mustard, salt and pepper in a small bowl. Slather all over the brisket, and place it on a baking sheet. Let it sit, uncovered, in the refrigerator for at least 2 hours or overnight for maximum moistness.

Heat the oven to 350 degrees.

Heat the oil in a Dutch oven or another large, heavy-bottomed, ovenproof pot over medium heat until shimmering.

Add the brisket, and sear until browned on both sides, about 5 to 8 minutes per side. You want a nice golden crust. Transfer to a platter and set aside.

Increase the heat to medium-high, add the stock to the pot, and bring to a simmer, scraping up the browned bits from the bottom of the pot.

Add the beer, prunes, bay leaves and brown sugar. Cook until the sugar has dissolved, stirring if necessary. Remove from the heat.

Return the brisket to the pot, fat-side up, and scatter the carrots around the meat. Blanket the meat with the onions and garlic. Cover the pot tightly with a lid or heavy-duty aluminum foil. Transfer to the oven, and braise the brisket for about 3 hours, flipping the brisket every hour. Cook until a fork inserted into the center rotates easily, with just a little resistance, but without tearing the meat to shreds.

Remove the brisket from the pot, and use a large, sharp knife to cut the brisket against the grain into 1/4-inch thick slices. Remove the bay leaves from the pot and discard.

Using an immersion blender directly in the pot, purée the jus and the remaining tender vegetables – this will give the gravy a sweet taste and enough body to slick over the brisket. (At this point, the brisket and gravy can be transferred to a roasting pan, ready to reheat, with the brisket fanned out and smothered by the gravy. Or store in separate containers.

Either way, let cool, cover and refrigerate overnight.

If reheating the brisket straight out of the refrigerator, heat the oven to 300 degrees.

Use a spoon to skim off any fat on the surface of the gravy. Cover tightly with heavy-duty aluminum foil and warm for about 30 minutes, or until heated through.)

In the deli, we like a thicker gravy. To achieve this, transfer half of it to a small, heavy-bottomed pot and bring to a medium simmer. Return the sliced brisket to the pot with the remaining gravy and keep warm on a burner at its lowest setting.

Cook the gravy in the small pot until reduced by half, 30 to 40 minutes, stirring as needed so it doesn't burn. If you like, whisk in the butter for extra sheen, body and richness, and then a bit more mustard to taste. Transfer the brisket to a platter, spoon the thickened gravy over the meat, and serve.

Jane Ammeson can be contacted via email at janeammeson@gmail.com or by writing to Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.

ROSIE'S

From page B3

"Don Rose was my great-uncle," says Michele Pierce, who with her husband, Bill, owns Rosie's now.

Gerry continues to help, as do other family members, including the Pierces' children and Gerry's grandson, Joey.

Though Orange Crush is no longer on the menu, and no one is making snow cone syrup in the basement ("That wouldn't be legal now," Marc says), they sell snow cones, popcorn, cotton candy, water and caramel apples. The cotton candy is made fresh and sold on the stick. That keeps it from congealing like cotton candy sold in bags.

There's a friendly competition inside Rosie's during fair week to see who can make the biggest puffs of cotton candy.

Caramel apples are their biggest seller.

"We use caramel made especially for caramel apples, and we add a special ingredient to it," Marc says.

The apples come from Bixby Orchards in Berrien Springs and are picked daily so they're nice and crisp.

According to Michele Pierce, they go through about 5 bushels of apples a day, and have 48 pounds of caramel cooking all the time.

Though the special ingredient added to their caramel is secret, Gerry did share their technique for making the caramel apples.

"You keep twirling them in the caramel all the time," she says.

"It's a tradition, a must stop during the fair. I used to eat one of their caramel apples every day," says Kay Kietzer, former president of the 4-H Foundation, who has attended every fair but one (because she gave birth to a son).

"My dad loved Rosie's," Gerry says. "The last year he worked, he was 79 – he had cancer, and so finally he couldn't work, but he sure didn't want to leave it. People still come up to Rosie's during the fair and ask if anybody working was related to Don Rose, and I say I'm his daughter. We're so glad the Bill and Michelle took it over because it keeps the family tradition going."

Homemade Snow Cones

4 cups water
4 cups sugar
4 envelopes powdered drink mix
4 cups crescent-shaped ice cubes
1 to 2 tablespoons water

In a large saucepan over medium-high heat, bring water to a boil. Add sugar, and stir until it's dissolved.

Divide syrup evenly between four medium bowls. Add an envelope of powdered drink mix (like Kool-Aid) to each bowl. Stir until drink mixes are dissolved and thoroughly blended into syrups. Cool.

Using a funnel, pour each flavored syrup into squeeze bottles. Refrigerate until cold.

Place ice cubes in blender jar. Cover and process on ice crush or pulse until ice is completely crushed. Transfer ice to a large bowl. Sprinkle water over ice and mix thoroughly. Use an ice cream scoop to shape ice into balls and place in cups for serving. Drizzle with flavored syrup.

Carnival Caramel Apples

1/2 cup butter, cubed
2 cups packed brown sugar
1 cup light corn syrup
Dash salt
1 (14-ounce) can sweetened condensed milk
1 teaspoon vanilla extract
10 to 12 Popsicle sticks
10 to 12 medium tart apples, washed and dried
1 cup salted peanuts, chopped

In a large, heavy saucepan, melt butter. Add the brown sugar, corn syrup and salt. Cook and stir over medium heat until mixture comes to a boil, about 10-12 minutes.

Stir in milk. Cook and stir until a candy thermometer reads 248 degrees (firm-ball stage). Remove from the heat. Stir in vanilla.

Insert Popsicle sticks into apples. Dip each apple into hot caramel mixture; turn to coat. Dip bottom of apples into peanuts. Place on greased waxed paper until set.

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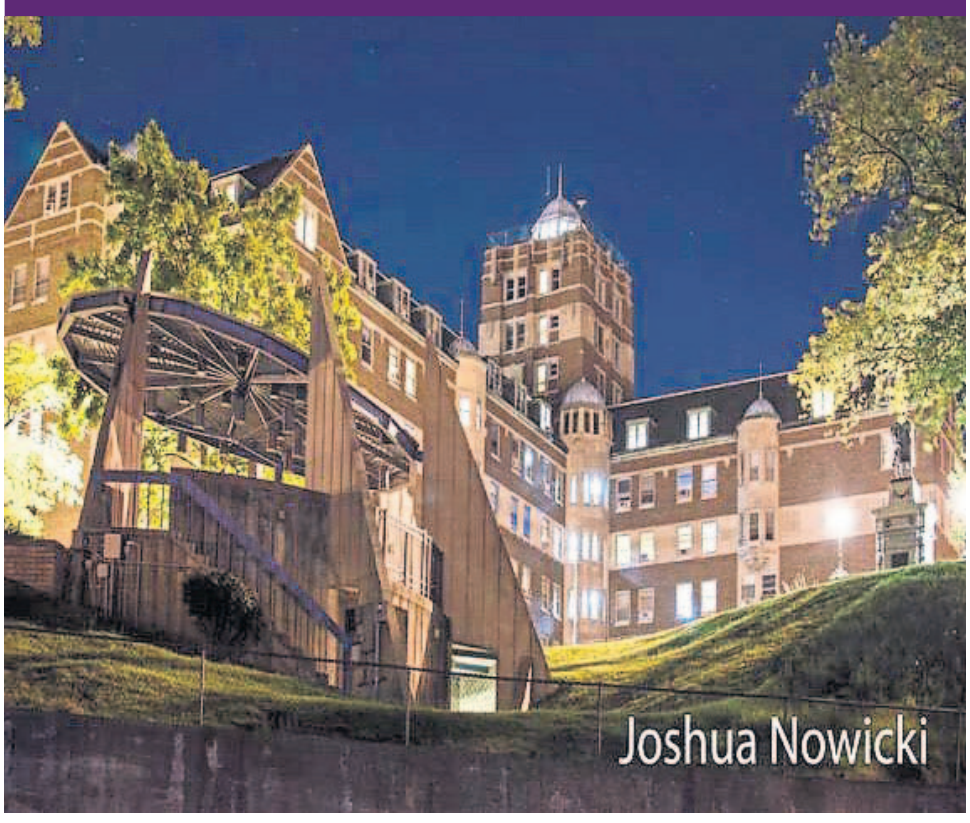

hp SPORTS

Virus concerns touch MLB opening day

Page C2

McIlroy trying to end spell of no repeat winners at Players

By DOUG FERGUSON
AP Golf Writer

PONTE VEDRA BEACH, Fla. — No one has ever won back-to-back at The Players Championship since it moved to the TPC Sawgrass in 1982. Rory McIlroy might have as good a chance as anyone before him.

He seems to have a chance every week he plays.

"I don't think you ever need an extra motivation when you come to this golf tournament," McIlroy said. "But to be the first one to defend here would be very cool."

McIlroy showed up at The Players with some measure of disappointment from not winning last week at Bay Hill. He was two shots behind going into the final round and made two double bogeys that ended his chances of repeating his title in the Arnold Palmer Invitational.

Even so, it was his seventh consecutive top-5 finish in PGA Tour events dating to his victory in the Tour Championship last August, territory only Tiger Woods has occupied over the last 20 years. It explains why McIlroy has returned to No. 1 in the world. It explains why he is the favorite to win on the thrill-a-minute Players Stadium course at the TPC Sawgrass.

It guarantees nothing. Not here.

Woods, who is not playing this week because he says his back is not ready to compete, is a two-time winner of The Players. He had his first crack at repeating in 2002, when he was at his best. Woods won Bay Hill the week before. He won the Masters in his next start after Sawgrass. He tied for 14th in his Players title defense.

He didn't get another try. After winning in 2013, Woods had the first of four back surgeries the following year and missed the event.

"I don't think you ever need an extra motivation when you come to this golf tournament," McIlroy said. "But to be the first one to defend here would be very cool."

RORY McILROY
Golfer

Woods isn't alone. Adam Scott in 2005 is the only defending champion to even finish in the top 10. Scott tied for eighth.

Attribute that to the most famous design of Pete Dye, a course where the margin between a 65 and a 75 is not all that great. The roll call of champions suggests Sawgrass isn't a course that suits a specific style of play. Winners include power players like Woods, McIlroy and Jason Day and relatively short hitters like Tim Clark and Fred Funk.

"There's a lot of events where you can narrow the field down ... to 25 or 30 players and say this is the group that has the best chance," said Justin Leonard, who won in 1998 and tied for 23rd the following year. "Everybody here that's in this tournament has the ability and the game to win.

"If anybody gives you a bet, take the field."

McIlroy would make it tempting to bet against that.

"He's certainly the best player in the world right now, has floated in and out of the best player in the world for his whole career it seems like," Webb Simpson said. "His bad play and bad stretches is better than most every guy out here. And

See **PLAYERS**, page C3

John Raoux / AP
Rory McIlroy lines up a shot on the sixth green during the second round of the Arnold Palmer Invitational on March 6.

Kopech hits triple digits in return to mound for White Sox

By JACK THOMPSON
Associated Press

GLENDALE, Ariz. — Michael Kopech didn't have any trouble getting back up to speed after 18 months away from the mound.

"Yeah, I might have been a little geeked," the Chicago White Sox right-hander said Tuesday.

Kopech threw 11 pitches against the Texas Rangers in Cactus League play – six of them reached 100 mph.

It was the 23-year-old's first game action since undergoing Tommy John surgery in September 2018.

"The first two pitches, I felt out of control," Kopech said. "By the third pitch, I took a breath and settled back in. But I still had quite a bit of adrenaline going."

"I felt really good, I was able to command my fastball after those first two and aside from that, just go out there and get an inning under my belt," he said.

Kopech, who made four starts in 2018 before being sidelined, was a key part of the five-player deal that sent pitcher Chris Sale to Boston after the 2016 season. Third baseman Yoan Moncada has already made his presence felt, and Kopech was also expected to be a big part of the Chicago rebuild.

Tuesday's outing showed why. He retired Eli White and Isaiah Kiner-Falefa on groundouts and struck out Greg Bird looking on a 101-mph heater to complete his outing.

Kopech then went to the Chicago bullpen to throw 10 more pitches.

"I don't think I'm typically going to be throwing as hard as I did today," Kopech said. "I'm proud of it, I'm excited, but I'm not going to try to be

See **KOPECH**, page C2

Don Campbell / HP staff See more photos:heraldpalladium.mycapture.com
Michigan Lutheran's Abby Harris battles for a rebound against Fruitport Calvary Christian's Lizzie Cammenga during Tuesday night's Division 4 regional semifinal at Martin High School.

Swift shutdown

Don Campbell / HP staff
Michigan Lutheran's Mara Rugen shoots over Fruitport Calvary Christian's Lizzie Cammenga during Tuesday night's game.

Stingy defense propels ML girls to D4 regional final

By MAXWELL HARDEN
HP Sports Writer

MARTIN – Fast starts have been a key factor in the Michigan Lutheran girls basketball team's postseason run, and Tuesday's game against Fruitport Calvary Christian was no exception.

Lutheran 54, Fruitport Calvary 20

The Titans scored the game's first 17 points and went on to win 54-20 in Division 4 regional semifinal action at Martin. The Clippers beat Colon 40-23 in the 5:30 p.m. regional game.

The game was a rematch of last year's regional semifinal, which Calvary won 45-22. Lutheran (22-1) will face Martin (22-1) at 6:30 p.m. Thursday in the regional final.

"I thought the kids were very focused on the gameplan," Lutheran coach Ron Briney said. "We've got our confidence on offense. We missed some easy shots but you're going to in pressure situations."

The Titans and their press defense wreaked havoc on the Eagles' offense, forcing 29 turnovers on the night. Calvary was shut out in the first quarter and didn't score until a Lizzie Cammenga basket at 6:40 in the second quarter stopped a 17-0 Lutheran run. A Maria Rush 3-pointer in the closing seconds of the first half gave the Titans a 36-7 lead at halftime.

"I never would've expected that we'd turn the ball over so much," Calvary coach Brad Richards said. "We have kids fighting the flu right now and our leading scorer had a 103-degree temperature. That being said, Michigan Lutheran was the better team tonight. We

See **TITANS**, page C2

Big Ten takes bruising battles to conference tournament

By MICHAEL MAROT
Associated Press

INDIANAPOLIS — Michigan State coach Tom Izzo thought he had seen everything during his 25-year tenure.

Then came this season, in which three teams with six Big Ten losses shared the league's regular-season crown and as many as 11 remain hopeful of making the NCAA Tournament's 68-team field.

Izzo doesn't expect things to get any easier over the next five days at the Big Ten Tournament.

"It's been the most difficult (season) in my 25 years," Izzo said. "There's so many teams that can win it, I think it will be probably the most exciting tournament since they started this thing."

No. 18 Wisconsin (21-10) won its last eight to take the top seed. The second-seeded Spartans (22-9), winners of five straight and ranked No. 9, find themselves in ideal position. Of the 22 previous tourney champs, 16 were seeded either first or second.

Just how good is the Big Ten?

Last week, eight teams appeared in the Top 25. Ten are projected to make the NCAA tourney. And the top seven spots and nine of the top 12 in strength of schedule are occupied by Big Ten schools, according to ESPN.

Al Goldis / AP
Michigan State coach Tom Izzo, left, talks with Rocket Watts during the second half of Sunday's game.

"It feels good to get a share of the title in the best conference I've ever coached in," said Mark Turgeon, coach of No. 12 Maryland (24-7). "Day in, day out, it was difficult."

Wisconsin, Michigan State, the third-seeded Terrapins (24-7) and No. 21 Illinois (21-10), the No. 4 seed, will have a slightly easier path to the tourney title after earning double byes into Friday's quarterfinals.

But with so many teams playing for such high stakes, it should be wide open – and worth watching.

"I think for fans and for those that love the game, media that cover it and fans of all the teams, it's going to be an electric tournament," said Chris Holtmann, coach of No. 19 Ohio State (21-10), the No. 7 seed.

ALL OR NOTHING?

Tenth-seeded Purdue (16-15) could have the most at stake in Indy.

The Boilermakers are No. 33 in the NET rankings, are No. 3 in strength of schedule by some rankings and have double-digit wins over No. 17 Virginia and Michigan State, plus a sweep of No. 25 Iowa. Still, coach Matt Painter isn't sure his team has done enough yet to count on a March Madness berth.

"I think if we would have won a game or two, I'd say we'd be right there," Painter said. "I'd say losing our last

See **BIG TEN**, page C3

IN BRIEF

Brandywine falls in D3 regional semifinal

Brandywine's girls basketball team was defeated 49-43 by Kalamazoo Hackett in Wednesday's Division 3 girls basketball regional semifinal at Schoolcraft.

Brandywine finished its season 22-2 and won its sixth straight district championship.

Michigami 500 Club spring tourney held

The Michigami 500 Club held its annual spring tournament at Peat's Cider Social on Sunday. The tournament runs on a handicap basis.

Jennifer Venno won with a 781 handicap score and 450 scratch series. She was followed by Sherrie Teed (658), Melanee Mangold (645) and Rachel Thurman (638). To join the club, contact Melanee Mangold at 429-9548.

NFL, union extend deadline for franchise tags

NEW YORK (AP) —The deadline for applying franchise and transition tags to free agents has been moved from Thursday to Monday by the league and players' union.

With the NFL Players Association's members still voting on a new labor agreement the owners already have approved – that deadline was extended by two days to 11:59 p.m. EDT on Saturday – leaving the last time to use the tags at Thursday made little sense.

By moving it to 11:59 a.m. EDT on Monday, both sides hope to know whether they are operating under a new collective bargaining agreement or the current deal, which expires in March 2021. That contract has different parameters for franchise and transition players than does the current one.

Red Wings fall to Hurricanes 5-2

DETROIT (AP) — Justin Williams scored a tiebreaking goal 1:38 into the final period, and Sebastian Aho added two goals later in the third to give the Carolina Hurricanes a 5-2 win over the Detroit Red Wings on Tuesday night.

Tyler Bertuzzi and Christoffer Ehn scored for the Red Wings, who had their modest two-game winning streak snapped. Detroit is assured of the NHL's worst record this season.

Petr Mrazek, who had been dealing with a concussion, played in goal for Carolina for the first time since Feb. 22. He made 23 saves against his former team.

AIRWAVES

Television today

12:00 p.m. (ESPN) **College Basketball** ACC Tournament, Second Round: Teams TBA. (Live)
2:00 p.m. (ESPN) **College Basketball** ACC Tournament, Second Round: Teams TBA. (Live)
4:00 p.m. (TNT) **UEFA Champions League Soccer** Liverpool FC vs Atletico Madrid. (Live) CC
6:00 p.m. (Bigten) **College Basketball** Big Ten Tournament, First Round: Northwestern vs. Minnesota. (Live) CC
7:00 p.m. (ESPN2) **College Basketball** ACC Tournament, Second Round: Notre Dame vs. Boston College (Live)
(FoxSports) **NBA Basketball** Detroit Pistons at Philadelphia 76ers. (Live)
(FS1) **College Basketball** Big East Tournament, First Round: Teams TBA. (Live) CC
8:00 p.m. (ESPN) **NBA Basketball** Denver Nuggets at Dallas Mavericks. (Live)
(NBCSports) **NHL Hockey** San Jose Sharks at Chicago Blackhawks. (Live)
8:30 p.m. (Bigten) **College Basketball** Big Ten Tournament, First Round: Nebraska vs. Indiana. (Live) CC
9:00 p.m. (ESPN2) **College Basketball** ACC Tournament, Second Round: Teams TBA. (Live)
9:30 p.m. (FS1) **College Basketball** Big East Tournament, First Round: Teams TBA. (Live) CC
10:30 p.m. (ESPN) **NBA Basketball** New Orleans Pelicans at Sacramento Kings. (Live)
4:00 a.m. (Golf) **European PGA Tour Golf** Magical Kenya Open, First Round. (Live) CC

Thursday

12:00 p.m. (Bigten) **College Basketball** Big Ten Tournament, Second Round: Michigan vs. Rutgers. (Live) CC
(FS1) **College Basketball** Big East Tournament, First Quarterfinal: Teams TBA. (Live) CC
(NBCSports) **College Basketball** Atlantic 10 Tournament, Second Round: Teams TBA. (Live)
12:30 p.m. (ESPN) **College Basketball** ACC Tournament, First Quarterfinal: Teams TBA. (Live)
(ESPN2) **College Basketball** Big 12 Tournament, First Quarterfinal: Teams TBA. (Live)
1:00 p.m. (Golf) **2020 Players Championship** First Round. (Live) CC
2:30 p.m. (Bigten) **College Basketball** Big Ten Tournament, Second Round: Teams TBA. (Live) CC
(ESPN) **College Basketball** ACC Tournament, Second Quarterfinal: Teams TBA. (Live)
(ESPN2) **College Basketball** Big 12 Tournament, Second Quarterfinal: Teams TBA. (Live)
(FS1) **College Basketball** Big East Tournament, Second Quarterfinal: Teams TBA. (Live) CC
(NBCSports) **College Basketball** Atlantic 10 Tournament, Second Round: Teams TBA. (Live)
6:00 p.m. (NBCSports) **College Basketball** Atlantic 10 Tournament, Second Round: Teams TBA. (Live)
6:30 p.m. (Bigten) **College Basketball** Big Ten Tournament, Second Round: Teams TBA. (Live) CC
7:00 p.m. (ESPN) **College Basketball** ACC Tournament, Third Quarterfinal: Teams TBA. (Live)
(ESPN2) **College Basketball** Big 12 Tournament, Third Quarterfinal: Teams TBA. (Live)
(FoxSports) **NHL Hockey** Detroit Red Wings at Washington Capitals. (Live)
(FS1) **College Basketball** Big East Tournament, Third Quarterfinal: Teams TBA. (Live) CC
(NBCSCH) **NBA Basketball** Chicago Bulls at Orlando Magic. (Live)
8:00 p.m. (TNT) **NBA Basketball** Boston Celtics at Milwaukee Bucks. (Subject to Blackout) (Live) CC
8:30 p.m. (NBCSports) **College Basketball** Atlantic 10 Tournament, Second Round: Teams TBA. (Live)
9:00 p.m. (Bigten) **College Basketball** Big Ten Tournament, Second Round: Teams TBA. (Live) CC
(ESPN) **College Basketball** ACC Tournament, Fourth Quarterfinal: Teams TBA. (Live)
(ESPN2) **College Basketball** Big 12 Tournament, Fourth Quarterfinal: Teams TBA. (Live)
9:30 p.m. (FS1) **College Basketball** Big East Tournament, Fourth Quarterfinal: Teams TBA. (Live) CC
10:30 p.m. (TNT) **NBA Basketball** Houston Rockets at Los Angeles Lakers. (Subject to Blackout) (Live) CC
11:30 p.m. (FS1) **College Basketball** Pac-12 Tournament, Fourth Quarterfinal: Teams TBA. (Live) CC
4:00 a.m. (Golf) **European PGA Tour Golf** Magical Kenya Open, Second Round. (Live)

Radio today

5 p.m.
Boys high school basketball — Teams TBA (WSJM-AM, 1400; WSJM-FM, 106.1)
7 p.m.
Boys high school basketball — South Haven vs. Coloma (WCSY-FM, 103.7)

CONTACT US

The Herald-Palladium sports desk is staffed after 7 p.m. nightly. Coaches or managers are asked to report results as soon as possible the evening of the event for publication in the next day's edition.

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Virus concerns spread in Europe, touch on MLB opening day

By JAKE SEINER
Associated Press

With just over two weeks until baseball's opening day, Texas Rangers catcher Robinson Chirinos said Tuesday he is "a little bit" concerned about traveling to Seattle with Washington state having the worst coronavirus outbreak in the U.S.

"I know the season starts in Seattle, and we know how Seattle is right now," Chirinos said. "That's 2½ weeks from now, so I think we're going to hear some news when we're getting close to opening day. "

Washington Gov. Jay Inslee said the state is preparing for potentially tens of thousands of cases, based on estimates of the spread of the disease. The Mariners are scheduled to open their season at home against the Rangers on March 26 and Major League Baseball has said all opening weekend series were still set to run as planned.

None of North America's major sports leagues have postponed games or barred fans in a bid to keep them safe, but discussions about next steps have been ongoing for weeks and such measures have become common elsewhere. Scores of top-tier soccer games in Spain, France and Portugal, as well as some in Germany and a European Championship qualifying match in Slovakia, will all be played in empty stadiums in coming days.

The Spanish league said matches in its first and second divisions will be played without fans for at least two weeks.

The league said it was "prioritizing the health of fans, players, club employees, journalists, etc., due to the COVID-19 health crisis."

The French league said soccer matches in its top two divisions will be played without fans until April 15 and Portugal announced similar measures. Italy earlier this week said all sports events, including Serie A soccer games and preparatory events for the Tokyo Olympics, were suspended until April 3. The Italian ski team decided not to send competitors to Slovenia for the last World Cup races of the season.

For most people, the new coronavirus causes only mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

The vast majority of people recover from the new virus. According to the WHO, people with mild illness recover in about two weeks. Those with more severe illness may take three to six weeks to recover.

Sports and government officials in nearly every corner of the globe have scrambled to address concerns fans could be at risk and to potentially stop the spread of the virus. The fear has spread from Asia – particularly about the Summer Olympics in Tokyo – to Europe and now to North America:

■ Ohio Gov. Mike DeWine recommended that fans be kept away from all indoor sporting events. The state is home to the NBA's Cleveland Cavaliers and the NHL's Columbus Blue Jackets, among others, and NHL deputy commissioner Bill Daly said the league will review the situation. The state is also hosting a number of high school and collegiate tournaments this month and the first games of the NCAA men's tournament – the First Four – are scheduled for next week in Dayton.

■ The NHL was also assessing the impact of a decision by Santa Clara County health officials in California to ban gatherings of more than 1,000 people in response to the spread of the coronavirus. The San Jose Sharks have games scheduled for March 19, 21 and 29.

■ The NBA told teams last week to prepare for the possibility of playing games in empty arenas, which Los Angeles Lakers star LeBron James initially said he wanted no part of and would not play, but said Tuesday he would do whatever the NBA tells teams to do.

"It's funny because when I was asked the question (Friday) of, 'Would you play without no fans?', I had no idea it was actually a conversation going on behind closed doors about the particular virus," he said. "They're saying no one could actually come to the game if they decide to go to that point, so I would be disappointed in that, but at the same time you've got to listen to the people that's keeping a track on what's going on"

■ In Germany, the Bundesliga said six of nine games this week will be played without fans, including one of Germany's biggest rivalries, Borussia Dortmund against Schalke. The German ice hockey league canceled the rest of the season a day before the playoffs were due to begin.

■ Champions League soccer matches are also being affected, including next week's game between Barcelona and Napoli in Spain and Bayern Munich against Chelsea in Germany.

■ Both games will be played without fans, as will Dortmund's match at Paris Saint-Germain on Wednesday.

Liverpool manager Jürgen Klopp said closing stadiums to fans – a measure not yet taken by English soccer authorities – wouldn't necessarily be the best solution.

"The problem with football games," Klopp said, "is if you are not in the stadiums, then you go watch it closely together in rooms and I'm not sure which is better in this case, to be honest."

Don Campbell / HP staff See more photos:heraldpalladium.mycapture.com
Michigan Lutheran's Hailey Conrad puts up a shot during Tuesday night's Division 4 regional semifinal against Fruitport Calvary Christian at Martin High School.

TITANS

From page C1

really didn't have an answer for their pressure, and when we did get to the rim, we didn't finish."

The Eagles came out of the break with renewed energy as Kelsey Richards and Kyra Hamilton keyed an 11-0 run to trim Lutheran's lead to 36-18.

"We weren't in this game at any point," Richards said. "I told the girls that I knew they'd come out and fight. They're not quitters, they're fighters. We had a size advantage and other things going in our favor, but we couldn't take advantage of them."

Lutheran weathered the storm and turned to senior leader Mara Rugen, who scored the game's next six points to key a 13-0 Lutheran run that carried into the fourth quarter. A Lexi Tobias 3-pointer to end the game gave the Titans their largest lead of the night.

"We took a really good hit from them in the third quarter," Briney said. "We met it and we finished. I wanted to see them finish and not hang on. We let them sneak in but that's to their credit. They're well-coached, they're former region champs, and they've got a great record."

Rugen scored a game-high 18 points for the Titans and Rush added 12 points.

Cammenga and Richards scored 11 and four points respectively in their last game as Eagles.

Cammenga scored all seven of Calvary's first half points and all four of Richards' points came in the third quarter.

"They're great scorers," Briney said. "(Richards) has to be close to 2,000 points for her career. (Cammenga) did an outstanding job in the post. Great hands and keeps the ball high. She's very well-schooled in what she's supposed to do. We had to pay attention – we had to send two people at them – we did. We did a good job and they still scored 16 of their 20 points.

"We had to focus on them if we wanted a chance to win and we were able to do that."

The Eagles end their season with an 18-4 record.

The Titans hope to carry their momentum into Thursday's regional final against Martin.

"Martin is very well-balanced overall," Briney said. "They've got some physical size underneath and have some very capable guards that can shoot. It's going to be a great matchup; I think our pressure defense has been successful. It's on their home court, so we have to overcome that as well.

"It should be an exciting regional final."

MICHIGAN LUTHERAN 54, FRUITPORT CALVARY CHRISTIAN 20

LUTHERAN (54)
Mara Rugen 9 0-0 18, Maria Rush 5 0-0 12, Lexi Tobias 3 0-2 8, Jessi Jewell 2 0-0 5, Rebekah Hisle 2 1-2 5, Abby Harris 2 0-0 4, Jenna Koehler 1 0-0 2. Totals: 24 1-4 54.
CALVARY (20)
Lizzie Cammenga 5 1-2 11, Kelsey Richards 2 0-2 5, Kyra Hamilton 2 0-0 4. Totals: 9 1-4 20.

Lutheran	17	19	8	10	– 54
Calvary	0	7	11	2	– 20

3-point goals – Michigan Lutheran 5 (Rush 2, Tobias 2, Jewell), Calvary 1 (Richards). Total fouls – Lutheran 9, Calvary 8.Fouled out – None. Technical fouls – None.
Records – Lutheran 22-1, Calvary 18-4.

Contact: mharden@thehp.com, 932-0371, @HPMaxwellHarden

KOPECH

From page C1

a power pitcher."

"It feels nice to be able to compete again. Eighteen months out, I feel like I have a chance to compete the way that I like to," he said.

Kopech's next spring appearance is scheduled for Sunday against the Seattle Mariners, but he will have to wait for a while before he returns to the White Sox rotation.

If all goes well, he figures to be on the South Side by May, but his innings will still be monitored closely in his first full season following arm surgery.

"His competitiveness is still there," White Sox manager Rick Renteria. "The biggest thing for him is he understands there is a process, there are certain steps he's going to take to put himself in as good a position as possible. Again, the anxiousness of wanting to rush it all, you got to be able to control it and I think he's managing it very well."

Kopech is taking everything in stride.

"It's not really up to me," he said. "They have a plan in mind. Right now I'm just going to do what I do."

For now, he's happy with clearing a big hurdle.

"I feel like I'm a part of the team again. When you're not competing a lot of times you feel more like a fan. It's a good feeling," he said.

NOTES: 2B Nick Madrigal said he's OK after being hit above the left eye with a bad-hop grounder on Monday. The team's top draft pick in 2018 is competing for a spot on the opening day roster. He sat out Tuesday's game but the injury doesn't appear to be serious. "It's a little sore, but I feel good. The swelling has gone down," he said. "Lucky that it didn't hit my eye, I was thankful for that. Just one of those plays, part of the game."

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SCOREBOARD

AREA SCHEDULE

Today
Boys basketball
District semifinals
Division 1
at St. Joseph
Lakeshore vs. Mattawan, 5
Kalamazoo Central vs. St. Joseph, 7
Division 2
at Holland Christian
Benton Harbor vs. Hamilton, 5
Coloma vs. South Haven, 7
at Edwardsburg
Dowagiac vs. Berrien Springs, 7:15
Niles vs. Buchanan, 5:30
Division 3
at Bloomingdale
Bloomingdale vs. Decatur, 5:30
at Bridgman
Cassopolis vs. Countryside, 7:30
Watervliet vs. Brandywine, 6
Division 4
at Lake Michigan Catholic
Eau Claire vs. New Buffalo, 5:30
Michigan Lutheran vs. River Valley, 7
at Martin
Holland Calvary vs. Lawrence, 7

Thursday
Girls basketball
Regional final
Division 4
at Martin
Michigan Lutheran vs. Martin, 6:30

BOWLING

KELLEY'S BOWL
MOONSHINERS – Pam Head 567 (201), Tmesia Daughtry 561 (206), Gladys Hunter 546 (224), Sonya Jackson 532 (216), Judy Roemer 483. Team: Bad Girls 1645 (609).
WED. MORN FUN – Mary Kelley 467, Sharon Geisler 412. Team: Has Beens 1139, Hit & Miss (407).
EMIL SCHRAMM MEMORIAL – Nate Doroh 764 (279), Dave Matheny 752 (280), Josh Tomsheck 741 (259), Chris Valley 739 (270), Reuben Morlock 721 (279), Ed Gallert 700 (258), Kevin Narregan 690, Billy Froberg 686 (279), Taylor Clark 685 (258), Jason Stoll 679.

HIGH SCHOOL BASKETBALL

Tuesday's girls scores
Division 1
Semifinal
Region 1
Davison 54, Flint Carman-Ainsworth 49
Midland Dow 63, Marquette 54
Region 2
Hartland 61, West Bloomfield 52
Region 3
East Grand Rapids 49, Muskegon Reeths-Puffer 35
Region 4
East Lansing 54, Portage Central 33
Holt 51, Battle Creek Central 40
Region 5
Saline 51, Wayne Memorial 40
Region 6
Bedford 55, Dearborn 43
Detroit Cass Tech 57, Riverview 55
Region 7
Bloomfield Hills Marian 41, Grosse Pointe North 37
Detroit Renaissance 56, Farmington Hills Mercy 33
Region 8
Macomb Dakota 50, Utica Ford 40
Division 2
Semifinal
Region 9
Cadillac 40, Standish-Sterling 37
Region 10
Freeland 62, Chesaning 32
Region 11
Newaygo 47, Grand Rapids Christian 46
Region 12
Hamilton 45, Battle Creek Harper Creek 36
Three Rivers 49, Grand Rapids South Christian 36
Region 13
Parma Western 45, Haslett 34
Region 14
Detroit Edison(DEPSA) 67, Dearborn Divine Child 42
Region 15
Harper Woods Chandler Park Academy 86, Detroit Cody 24
Region 16
Imlay City 51, Bloomfield Hills Cranbrook-Kingswood 32
Lake Fenton 74, Marine City 31
Division 3
Semifinal
Region 17
Charlevoix 65, Oscoda 29
Westwood 51, Calumet 26
Region 18
Manton 51, Hart 36
Region 19
Ithaca 44, Muskegon Western Michigan Christian 35
Pewamo-Westphalia 40, Kent City 37
Region 20
Kalamazoo Hackett 49, Niles Brandywine 43
Schoolcraft 42, Gobles 41
Region 21
Byron 58, Bronson 21
Michigan Center 61, Jackson Lumen Christi 28
Region 22
Blissfield 55, Ecorse 49
Region 23
Royal Oak Shrine 55, Dearborn Advanced Technology 14
Region 24
Flint Hamady 46, Bad Axe 18
Division 4
Semifinal
Region 25
Baraga 51, Munising 49
Region 26
Engadine 64, Mackinaw City 29
St. Ignace LaSalle 65, Posen 23
Region 27
Bellaire 48, Onekama 34
McBain Northern Michigan Christian 48, Suttons Bay 43
Region 28
Saginaw Nouvel 74, Mio-Au Sable 26
Ubly 45, Mount Pleasant Sacred Heart 33
Region 29
Martin 40, Colon 23
St. Joseph Michigan Lutheran 54, Fruitport Calvary Christian 20
Region 30
Fowler 48, Camden-Frontier 29
Region 31
Allen Park Inter-City Baptist 56, Southfield Christian 35
Region 32
Waterford Our Lady 47, Deckerville 39

NHL

EASTERN CONFERENCE
Atlantic Division

	GP	W	L	OT	Pts	GF	GA
Boston	70	44	14	12	100	227	174
Tampa Bay	70	43	21	6	92	245	195
Toronto	70	36	25	9	81	238	227
Florida	69	35	26	8	78	231	228
Montreal	71	31	31	9	71	212	221
Buffalo	69	30	31	8	68	195	217
Ottawa	69	25	32	12	62	187	235
Detroit	71	17	49	5	39	145	267

Metropolitan Division

	GP	W	L	OT	Pts	GF	GA
Washington	69	41	20	8	90	240	215
Philadelphia	69	41	21	7	89	232	196
Pittsburgh	69	40	23	6	86	224	196
Carolina	68	38	25	5	81	222	193
Columbus	70	33	22	15	81	180	187
N.Y. Islanders	67	35	23	9	79	188	188
N.Y. Rangers	69	37	28	4	78	232	219
New Jersey	69	28	29	12	68	189	230

WESTERN CONFERENCE
Central Division

	GP	W	L	OT	Pts	GF	GA
St. Louis	70	41	19	10	92	221	191
Colorado	69	41	20	8	90	234	189
Dallas	69	37	24	8	82	180	177
Nashville	69	35	26	8	78	215	217
Winnipeg	70	36	28	6	78	212	201
Minnesota	69	35	27	7	77	220	220
Chicago	69	31	30	8	70	206	216

Pacific Division

	GP	W	L	OT	Pts	GF	GA
Vegas	71	39	24	8	86	227	211
Edmonton	70	37	24	9	83	223	213
Calgary	70	36	27	7	79	210	215
Vancouver	68	35	27	6	76	223	213
Arizona	70	33	29	8	74	195	187
Anaheim	69	28	32	9	65	180	220
San Jose	69	29	35	5	63	180	220
Los Angeles	69	28	35	6	62	175	210

NOTE: Two points for a win, one point for overtime loss. Top three teams in each division and two wild cards per conference advance to playoffs.

Monday's Games
Buffalo 3, Washington 2, SO
Florida 2, St. Louis 1
Winnipeg 4, Arizona 2
Vegas 3, Edmonton 2, OT
Los Angeles 3, Colorado 1

Tuesday's Games
Boston 2, Philadelphia 0
Pittsburgh 5, New Jersey 2
Toronto 2, Tampa Bay 1
Nashville 4, Montreal 2
Carolina 5, Detroit 2
N.Y. Rangers 4, Dallas 2
N.Y. Islanders at Vancouver
Ottawa at Anaheim

Today's Games
San Jose at Chicago, 8 p.m.
Winnipeg at Edmonton, 9 p.m.
N.Y. Rangers at Colorado, 10 p.m.
St. Louis at Anaheim, 10 p.m.
Ottawa at Los Angeles, 10:30 p.m.

Thursday's Games
Buffalo at Montreal, 7 p.m.
Carolina at New Jersey, 7 p.m.
Detroit at Washington, 7 p.m.
Nashville at Toronto, 7 p.m.
Philadelphia at Tampa Bay, 7 p.m.
Pittsburgh at Columbus, 7 p.m.
Vegas at Minnesota, 8 p.m.
Florida at Dallas, 8:30 p.m.
N.Y. Islanders at Calgary, 9 p.m.
Vancouver at Arizona, 10:30 p.m.

Friday's Games
Boston at Buffalo, 7 p.m.
San Jose at St. Louis, 8 p.m.
Ottawa at Chicago, 8:30 p.m.
N.Y. Islanders at Edmonton, 9 p.m.
Vancouver at Colorado, 9 p.m.

CAROLINA 5, DETROIT 2

Carolina	**1**	**1**	**3**	**—**	**5**
Detroit	**1**	**1**	**0**	**—**	**2**

First Period—1, Carolina, Geekie 3 (Foegele, Gardiner), 8:58. 2, Detroit, Bertuzzi 21 (Mantha, Hronek), 13:28. Penalties—McGinn, Car (Tripping), 10:27.
Second Period—3, Carolina, Niederreiter 11 (Gardiner, Trocheck), 9:30 (pp). 4, Detroit, Ehn 2 (Bowey, Helm), 15:26. Penalties—Ericsson, Det (Interference), 7:41; Martinook, Car (Tripping), 12:05; Niederreiter, Car (Hooking), 17:57; Mantha, Det (Interference), 19:03; Staal, Car (Roughing), 19:03; Bertuzzi, Det (Roughing), 19:03.
Third Period—5, Carolina, Williams 8 (Aho, Svechnikov), 1:38 (pp). 6, Carolina, Aho 37 (Teravainen), 4:23 (sh). 7, Carolina, Aho 38 (Teravainen, Gardiner), 17:58 (pp). Penalties—Helm, Det (Tripping), 0:35; Necas, Car (Boarding), 3:38; Skjei, Car (Hooking), 7:24; Detroit bench, served by Nielsen (Roughing), 15:53; Staal, Car (Roughing), 15:53; Fabbri, Det (Interference), 17:00; Fleury, Car (Roughing), 17:00; Fabbri, Det (Roughing), 17:00; Bertuzzi, Det (Misconduct), 17:00; Trocheck, Car (Misconduct), 17:00.
Shots on Goal—Carolina 12-10-14—36. Detroit 13-8-4—25.
Power-play opportunities—Carolina 3 of 4; Detroit 0 of 5.
Goalies—Carolina, Mrazek 20-16-2 (25 shots-23 saves). Detroit, Bernier 15-21-3 (36-31).
A—0 (20,000). T—2:39.
Referees—Ghislain Hebert, Chris Lee. Linesmen—Devin Berg, Travis Toomey.

NBA

EASTERN CONFERENCE
Atlantic Division

	W	L	Pct	GB
x-Toronto	46	18	.719	—
Boston	43	21	.672	3
Phila.	38	26	.594	8
Brooklyn	29	34	.460	16½
New York	20	45	.308	26½

Southeast Division

	W	L	Pct	GB
Miami	41	23	.641	—
Orlando	30	35	.462	11½
Washington	24	40	.375	17
Charlotte	22	42	.344	19
Atlanta	20	46	.303	22

Central Division

	W	L	Pct	GB
x-Milwaukee	53	12	.815	—
Indiana	39	26	.600	14
Chicago	22	43	.338	31
Detroit	20	45	.308	33
Cleveland	19	46	.292	34

WESTERN CONFERENCE
Southwest Division

	W	L	Pct	GB
Houston	40	24	.625	—
Dallas	39	27	.591	2
Memphis	32	33	.492	8½
New Orleans	28	36	.438	12
San Antonio	27	36	.429	12½

Northwest Division

	W	L	Pct	GB
Denver	43	21	.672	—
Utah	41	23	.641	2
Oklahoma City	40	24	.625	3
Portland	28	37	.431	15½
Minnesota	19	45	.297	24

Pacific Division

	W	L	Pct	GB
x-L.A. Lakers	49	13	.790	—
L.A. Clippers	43	20	.683	6½
Sacramento	28	36	.438	22
Phoenix	26	38	.406	24
Golden State	15	49	.234	35

x-clinched playoff spot

Monday's Games
Atlanta 143, Charlotte 138, 2OT
Denver 109, Milwaukee 95
Toronto 101, Utah 92

Tuesday's Games
Boston 114, Indiana 111
Washington 122, New York 115
Houston 117, Minnesota 111
San Antonio 119, Dallas 109
Chicago 108, Cleveland 103
Orlando 120, Memphis 115
Phoenix at Portland
Brooklyn at L.A. Lakers
L.A. Clippers at Golden State

Today's Games
Detroit at Phila., 7 p.m.
Charlotte at Miami, 7:30 p.m.
New York at Atlanta, 7:30 p.m.
Denver at Dallas, 8 p.m.
Utah at Oklahoma City, 8 p.m.
New Orleans at Sacramento, 10:30 p.m.

Thursday's Games
Chicago at Orlando, 7 p.m.
Boston at Milwaukee, 8 p.m.
Memphis at Portland, 10 p.m.
Brooklyn at Golden State, 10:30 p.m.
Houston at L.A. Lakers, 10:30 p.m.

Friday's Games
Cleveland at Charlotte, 7 p.m.
Washington at Boston, 7:30 p.m.
Minnesota at Oklahoma City, 8 p.m.
New York at Miami, 8 p.m.
Denver at San Antonio, 8:30 p.m.
New Orleans at Utah, 9 p.m.
Brooklyn at L.A. Clippers, 10:30 p.m.

CHICAGO 108, CLEVELAND 103

CLEVELAND (103)
Love 5-16 5-5 17, Osman 4-16 1-1 9, Drummond 8-14 5-9 21, Dellavedova 3-3 0-0 8, Sexton 12-16 2-2 26, McKinnie 2-7 2-2 6, Nance Jr. 6-6 2-4 16, Mooney 0-2 0-0 0. Totals 40-80 17-23 103.
CHICAGO (108)
Harrison 3-7 2-2 8, Markkanen 6-13 0-0 15, Carter Jr. 7-9 3-4 17, Valentine 6-12 0-0 15, White 7-17 4-5 20, O.Porter Jr. 6-11 1-1 15, Young 3-6 1-2 8, Gafford 2-2 1-1 5, Satoransky 2-7 0-0 5. Totals 42-84 12-15 108.

Cleveland	**29**	**23**	**26**	**25**	**— 103**
Chicago	**27**	**27**	**24**	**30**	**— 108**

3-Point Goals—Cleveland 6-24 (Dellavedova 2-2, Nance Jr. 2-2, Love 2-13, McKinnie 0-2, Osman 0-4), Chicago 12-34 (Valentine 3-6, Markkanen 3-9, O.Porter Jr. 2-5, White 2-7, Young 1-2, Satoransky 1-3, Harrison 0-2). Fouled Out—None. Rebounds—Cleveland 35 (Love 8), Chicago 46 (Harrison 10). Assists—Cleveland 29 (Dellavedova 8), Chicago 23 (Satoransky, White 5). Total Fouls—Cleveland 15, Chicago 21. A—17,837 (20,917)

COLLEGE BASKETBALL

Conference Tournaments

Atlantic Coast Conference
At Greensboro Coliseum
Greensboro, N.C.
First Round
Tuesday, March 10
Pittsburgh 81, Wake Forest 72
North Carolina 78, Virginia Tech 56
Second Round
Wednesday, March 11
Clemson vs. Miami, Noon
NC State vs. Pittsburgh, 2 p.m.
Notre Dame vs. Boston College, 7 p.m.
Syracuse vs. North Carolina, 9 p.m.
Quarterfinals
Thursday, March 12
Florida State vs. Clemson-Miami winner, 12:30 p.m.
Duke vs. NC State-Pittsburgh winner, 2:30 p.m.
Virginia vs. Notre Dame-Boston College winner, 7 p.m.
Louisville vs. Syracuse—Virginia Tech-North Carolina winner, 9 p.m.
Semifinals
Friday, March 13
Florida State—Clemson-Miami winner vs. Duke—NC State—Wake Forest-Pittsburgh winner, 7 p.m.
Virginia—Notre Dame-Boston College winner vs. Louisville—Syracuse—Virginia Tech-North Carolina winner, 9 p.m.
Championship
Saturday, March 14
Semifinal winners, 8:30 p.m.

Big Ten Conference
At Bankers Life Fieldhouse
Indianapolis
First Round
Wednesday, March 11
Minnesota vs. Northwestern, 6 p.m.
Indiana vs. Nebraska, 8:30 p.m.
Second Round
Thursday, March 12
Rutgers vs. Michigan, Noon
Iowa vs. Minnesota-Northwestern winner, 2:25 p.m.
Ohio State vs. Purdue, 6:30 p.m.
Penn State vs. Indiana-Nebraska winner, 8:55 p.m.
Quarterfinals
Friday, March 13
Wisconsin vs. Rutgers-Michigan winner, Noon p.m.
Illinois vs. Iowa—Minnesota-Northwestern winner, 2:25 p.m.
Michigan State vs. Ohio State-Purdue winner, 6:30 p.m.
Maryland vs. Penn State—Indiana-Nebraska winner, 8:55 p.m.
Semifinals
Saturday, March 14
Wisconsin—Rutgers-Michigan winner vs. Illinois—Iowa—Minnesota-Northwestern winner, 1 p.m.
Michigan State—Ohio State-Purdue winner vs. Maryland—Penn State—Indiana-Nebraska winner winner, 3:25 p.m.
Championship
Sunday, March 15
Semifinal winners, 3:30 p.m.

Mid-American Conference
First Round
Monday, March 9
Ohio 85, Central Michigan 65
Toledo 76, Western Michigan 73
Kent State 86, Eastern Michigan 76
Miami 85, Buffalo 79
At Rocket Mortgage Fieldhouse
Cleveland
Quarterfinals
Thursday, March 12
Akron vs. Ohio, Noon
Northern Illinois vs. Miami, TBA.
Bowling Green vs. Toledo, 6:30 p.m.
Ball State vs. Kent State, TBA
Semifinals
Friday, March 13
Akron—Ohio winner vs. Northern Illinois—Miami winner, 7 p.m.
Bowling Green—Toledo winner vs. Ball State—Kent State winner, 9:30 p.m.
Championship
Saturday, March 14
Semifinal winners, 7:30 p.m.

TRANSACTIONS

BASEBALL
Major League Baseball
American League
BALTIMORE ORIOLES — Optioned LHP Keegan Akin to the Norfolk Tides (IL).
DETROIT TIGERS — Optioned RHP Kyle Funkhouser and John Schreiber; INFs Sergio Alcantara and Isaac Paredes; OFs Daz Cameron and Derek Hill to Toledo (IL). Optioned RHP Anthony Castro to Erie (EL). Optioned RHP Franklin Perez to Lakeland (FSL). Re-assigned RHPs Gerson Moreno and Wladmir Pinto; LHPs Joey Wentz and C Cooper Johnson and C Jhon Nunez to minor league camp.
KANSAS CITY ROYA:S — Optioned LHP Foster Griffin, OF Nick Heath and C Meibrys Viloria to Omaha Storm Chasers (PCL) and INF Jeison Guzman to Wilmington. Re-assigned RHPs Ofreidy Gomez and Arnaldo Hernandez, LHP Jake Kalish, C MJ Melendez, Sebastian Rivero, INF Gabriel Cancel, Kevin Merrell and Emamanuel Rivera to minor league camp.
SEATTLE MARINERS — Optioned OF Braden Bishop and LHP Nick Margevicius to Tacoma (PCL). Re-assigned OFs Rymer Liriano and Julio Rodriguez; C Joseph Odon and C Joe Hudson; LHP Manny Banuelos to minor league camp.
National League
CHICAGO CUBS — Assigned INFs Carlos Asuaje, Trent Glambrone and Corban Joseph; OF Noel Cuevas to minor league camp. Optioned RHPs Adbert Alzolay and Colin Rea; INF Zack Short to Iowa (PCL). Optioned C Miguel Amaya to Tennessee (SL). Re-assigned RHP Michael Rucker to major league camp as a non-roster invitee.
CINCINNATI REDS — Re-assigned RHPs Tejay Antone, David Carpenter, Ryan Hendrix, Tony Santillan, LHP Nick Lodolo, C Chris Okey, INFs Jonathan India and Blake Trahan, OFs Stuart Fairchild and Boog Powell to minor league camp.
COLORADO ROCKIES — Optioned RHP Ashton Goudeau to Albuquerque (PCL).
MILWAUKEE BREWERS — Optioned OF Corey Ray and RHP Trey Supak to minor league camp. Re-assigned INF Lucas Erceg; C Mario Feliciano and Payton Henry; LHPs Clayton Andrews and Ethan Small; RHPs Thomas Jankins, Drew Rasmussen and Miguel Sanchez to minor league camp.
SAN FRANCISCO GIANTS — Optioned RHP Enderson Franco and OF Joe McCarthy to Sacramento (PCL). Re-assigned IF Cristhian Adames and C Joey Bart to minor league camp. Claimed OF Jose Siri of waivers from Seattle. Placed C Aramis Garcia on 60-day IL.
FOOTBALL
National Football League
CLEVELAND BROWNS — Released L Christian Kirksey.
HOUSTON TEXANS — Signed K Ka'imi Fairbairn and TE Darren Fells to contract extensions.
MIAMI DOLPHINS — Named Josh Grizzard to wide receivers coach.
TENNESSEE TITANS — Signed OLB Reggie Gilbert to a one-year contract extension.
HOCKEY
National Hockey League
NEW JERSEY DEVILS — Recalled D Matt Tennyson from Binghamton Devils (AHL).
NEW YORK RANGERS — Agreed to terms with F Patrick Khodorenko on an entry-level contract.
SOCCER
Major League Soccer
NEW YORK CITY FC — Named Efrain Juarez to coaching staff.
NEW YORK RED BULLS — Aquired D Jason Pendant from FC Sochaux-Montibellard.

GOLF

World Golf Ranking
Through March 8

1.	Rory McIlroy	NIR	9.42
2.	Jon Rahm	ESP	8.61
3.	Brooks Koepka	USA	7.91
4.	Justin Thomas	USA	7.53
5.	Dustin Johnson	USA	6.59
6.	Patrick Cantlay	USA	5.97
7.	Webb Simpson	USA	5.94
8.	Patrick Reed	USA	5.93
9.	Adam Scott	AUS	5.91
10.	Tommy Fleetwood	ENG	5.66
11.	Tiger Woods	USA	5.56
12.	Xander Schauffele	USA	5.48
13.	Bryson DeChambeau	USA	5.17
14.	Justin Rose	ENG	5.04
15.	Marc Leishman	AUS	4.76
16.	Tony Finau	USA	4.71
17.	Matt Kuchar	USA	4.50
18.	Gary Woodland	USA	4.46
19.	Louis Oosthuizen	SAF	4.31
20.	Shane Lowry	IRL	4.25
21.	Hideki Matsuyama	JPN	4.20
22.	Tyrrell Hatton	ENG	4.20
23.	Sungjae Im	KOR	4.08
24.	Paul Casey	ENG	4.07
25.	Matthew Fitzpatrick	ENG	3.85
26.	Bernd Wiesberger	AUT	3.82
27.	Rickie Fowler	USA	3.50
28.	Francesco Molinari	ITA	3.49
29.	Abraham Ancer	MEX	3.18
30.	Lee Westwood	ENG	3.10
31.	Kevin Na	USA	3.10
32.	Henrik Stenson	SWE	3.06
33.	Danny Willett	ENG	2.91
34.	Billy Horschel	USA	2.78
35.	Kevin Kisner	USA	2.76
36.	Chez Reavie	USA	2.73
37.	Cameron Smith	AUS	2.71
38.	Sergio Garcia	ESP	2.67
39.	Shugo Imahira	JPN	2.64
40.	Jazz Janewattananond	THA	2.64

U.S. Soccer Federation says hostile crowds give men different jobs than women

By RONALD BLUM
Associated Press

NEW YORK — The U.S. Soccer Federation says facing hostile crowds in Mexico and Central America makes playing for the U.S. men's team a different job than competing for the American women and claims the men have more responsibility.

Those statements prompted a spokeswoman for the women to say the claims are from "the Paleolithic Era" as if "made by a caveman."

The USSF made the claims in documents filed Tuesday night in federal court in Los Angeles, where a lawsuit by American women accusing the federation of gender discrimination is scheduled for trial starting May 5. The U.S. women are seeking more than $66 million in damages under the Equal Pay Act and the Civil Rights Act of 1964.

"MNT players routinely play matches (important World Cup qualifiers, in particular) throughout Mexico, Central America and the Caribbean. The WNT does not," the USSF said. "Opposing fan hostility encountered in these MNT road environments, especially in Mexico and Central America, is unmatched by anything the WNT must face while trying to qualify for an important tournament. Even the hostility of fans at home crowds for the MNT in some friendlies can be unlike anything the WNT faces. This is all evidence of substantially different jobs under the EPA."

Both sides have moved for summary judgments, asking U.S. District Judge R. Gary Klausner to decide in their favor without a trial.

The women and the men have separate collective bargaining agreements, and the women claim the men receive more – even though the women's national team is far more successful. The USSF contends a large part of the difference is due to World Cup prize money.

FIFA awarded $400 million for the 2018 men's World Cup, including $38 million to champion France – the U.S. men failed to qualify – and $30 million for last year's Women's World Cup, including $4 million to the U.S. after the Americans won their second straight title. FIFA has increased the total to $440 million for the 2022 men's World Cup and FIFA President Gianni Infantino has proposed that FIFA double the women's prize money to $60 million for 2023.

FIFA pays bonuses to national federations, and each makes its own deal with its players.

"Passing on the discriminatory prize money differential of FIFA to the federation is exactly the perpetuation of discrimination that the EPA seeks to remedy," lawyers for the women said in their filing. "USSF cannot rely upon a third party's discrimination as a justification for its own decision to discriminate in World Cup compensation between the MNT players and WNT players.

"A third party's payment to USSF – an amount that USSF did not even know at the time it negotiated either team's World Cup compensation provisions – is not a job-related factor that ... can justify a wage discrimination," they wrote.

The women claimed the men traveled on charter flights almost three times more often than the women from 2014-19 despite the women playing 33 more matches.

The USSF said the women claimed their ability level is the same as the men "by ignoring the materially higher level of speed and strength required to perform the job of an MNT player."

"A reasonable juror could conclude that the job of MNT player requires materially different skill and more responsibility than plaintiffs' job does, while also taking place under materially different working conditions," USSF lawyers wrote. "The job of MNT player (competing against senior men's national teams) requires a higher level of skill based on speed and strength than does the job of WNT player (competing against senior women's national teams)."

Molly Levinson, spokesperson for the suing women, said "this 'argument' belongs in the Paleolithic Era."

"It sounds as if it has been made by a caveman," she said in a statement. "Literally everyone in the world understands that an argument that male players 'have more responsibility' is just plain simple sexism and illustrates the very gender discrimination that caused us to file this lawsuit to begin with."

The supporters group of the men's and women's national team issued a statement criticizing the USSF for saying men's players have more responsibility.

"The American Outlaws find that viewpoint objectionable, and it is disappointing to see the federation make such an argument," the group said. "That is not how the sport should be run in this country or any country."

In addition, the federation said the men have averaged three times the television viewers of the women during the last three years for matches whose rights are owned by the USSF.

PLAYERS

From page C1

when he's playing his best, he's hard to beat. ... He's one of those guys you expect to be in contention every week."

The only knock on the 30-year-old McIlroy – and that requires deep searching for criticism – is that he has converted only two of those top 5s into victories. He won big at the Tour Championship to capture the FedEx Cup, and he won in a playoff over Xander Schauffele in Shanghai.

He started too far back in Japan. Final rounds over par hurt him at Riviera (73) and Bay Hill, where his 76 was his highest closing round since the 2013 U.S. Open at Merion.

McIlroy is more worried about the process than the outcome, aware of areas of his game that need tweaking from week to week. He figures more victories will follow. For a guy who has won four times dating to The Players last year, it's odd to hear him talk about being "not far away."

At stake this week is the biggest purse in golf history – $15 million, with $2.7 million going to the winner. The Players typically gets the strongest field in golf from top to bottom, absent of aging champions, amateurs and open qualifiers found in the four majors.

McIlroy didn't fall in love with the TPC Sawgrass his first few years in The Players. He missed the cut three straight years and didn't even break par until his seventh round in competition.

He blamed that on being stubborn and trying to overpower the course. It was held in May in 2009 when he first played, when the course was firmer and faster and featured Bermuda rough. Plus, his preparation was somewhat lacking.

"The first time I played here, the weekend before I was in Vegas for a fight ... missed the cut and ended up getting kicked out of the bars in Jax Beach for having a fake ID," he said. "So I've come a long way."

BIG TEN

From page C1

losses we have, we probably have to win four games to get into the tournament."

Purdue faces Ohio State on Thursday.

NEW CONTENDERS

Sixth-seeded Penn State and eighth-seeded Rutgers enter this year's tournament in new roles – legitimate contenders.

The Nittany Lions are chasing only their second semifinal appearance since 2012.

Rutgers has never been past the quarterfinals.

To achieve those goals, though, coaches Patrick Chambers and Steve Pikiell know what must be done.

"We looked mentally and physically weary down the stretch," Chambers said of his Nittany Lions.

"We need to get back to the way we were playing, fast."

Pikiell made it even simpler: "We have to play really well here, we can't reinvent the wheel."

Rutgers opens play Thursday against ninth-seeded Michigan (19-12) while the Nittany Lions (21-10) play either Nebraska (7-24) or Indiana (19-12).

FRONT AND CENTER

In a league known for its physical style, three big men should shine under the bright lights: Luka Graza of Iowa, Daniel Oturu of Minnesota and Jalen Smith of Maryland.

Garza, the Big Ten player of the year, fell just short of averaging a double-double with the Hawkeyes, averaging a league-best 23.9 points and 9.8 rebounds.

"It's just a never ending pursuit of excellence that you just don't often see and there never seems to be any stop in his desire to be better," said Fran McCaffery, coach of the fifth-seeded Hawkeyes.

In any other year, Oturu might have been player of the year. He finished second to Garza in scoring (20.0) and led the league in rebounding (11.4), earning second-team all-conference honors.

"He's been very, very productive," Minnesota coach Richard Pitino said. "I think the greatest improvement he's had is endurance."

The 12th-seeded Gophers (14-16) face 13th-seeded Northwestern (8-22) on Wednesday.

Smith, a first-team all-conference selection, was seventh in scoring (15.5 points) and second in rebounding (10.5).

HOOSIERS vs. "HOOSIERS"

Nebraska, the No. 14 seed, played last weekend with a seven-man roster, four of whom are freshmen. The Cornhuskers open play Wednesday against 11th-seeded Indiana with a nine-man roster after adding two football players: 6-foot-1 guard Noah Vedral, a backup quarterback and 6-7, 300-pound forward Brant Banks, an offensive lineman.

The moves come after coach Fred Hoiberg announced two suspended players – guards Cam Mack and Dachon Burke Jr. – would not travel to Indy.

"The way I look at it right now," Hoiberg said, "is we have to make decisions that are in the best interest in our program."

BEETLE BAILEY

I DON'T CARE WHAT ANYONE THINKS. I'M SIGNING AN EXECUTIVE ORDER ON THIS!!
WHAT WAS THAT ABOUT?
ADDING LICORICE TO THE VENDING MACHINE
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3-11
GREG + MORT WALKER

BLONDIE

SEE YOU TOMORROW, BOSS
BUMSTEAD, I NEARLY FIRED YOU A DOZEN TIMES TODAY...
YOU'RE A LUCKY MAN, BECAUSE I KEPT GETTING DISTRACTED
HOW WAS YOUR DAY, SWEETHEART?
APPARENTLY IT WAS PRETTY BAD, BUT LUCKILY I DIDN'T KNOW IT AT THE TIME
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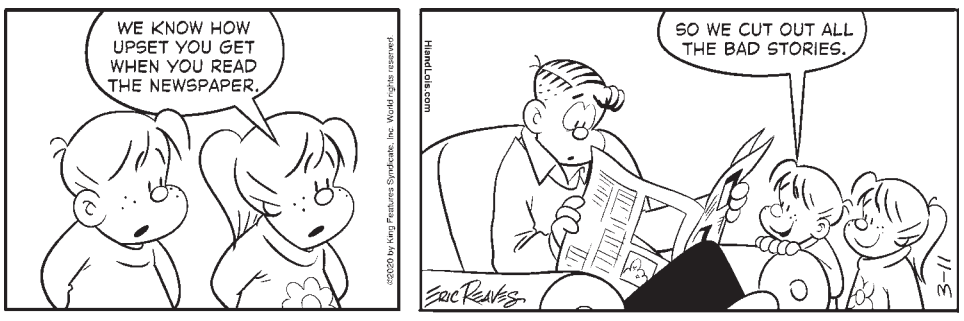
3-11
www.blondie.com

HI & LOIS


WE KNOW HOW UPSET YOU GET WHEN YOU READ THE NEWSPAPER.
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SO WE CUT OUT ALL THE BAD STORIES.
ERIC REAVES
3-11

BC

WIZARD OF ID

GRANT ME THREE WISHES, WIZARD
WHAT DO I LOOK LIKE, A GENIE ?
I'LL PAY $30,000 PER WISH
AT YOUR SERVICE, MASTER !
WizardofId.com
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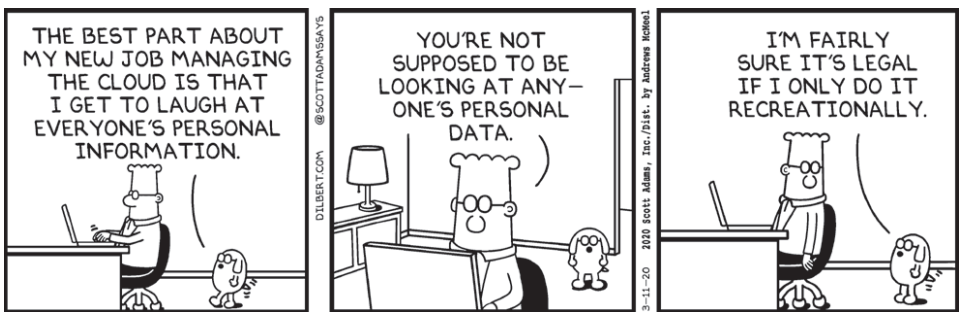
3.11.20
Dist. by Creators

DILBERT


THE BEST PART ABOUT MY NEW JOB MANAGING THE CLOUD IS THAT I GET TO LAUGH AT EVERYONE'S PERSONAL INFORMATION.
DILBERT.COM @SCOTTADAMSSAYS
YOU'RE NOT SUPPOSED TO BE LOOKING AT ANY-ONE'S PERSONAL DATA.
I'M FAIRLY SURE IT'S LEGAL IF I ONLY DO IT RECREATIONALLY.
3-11-20
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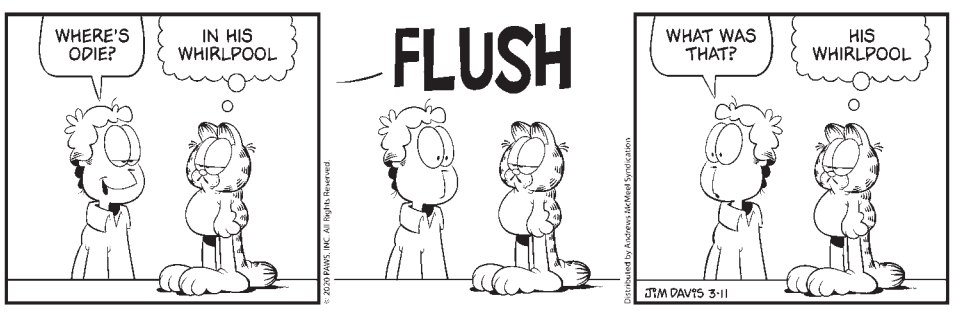
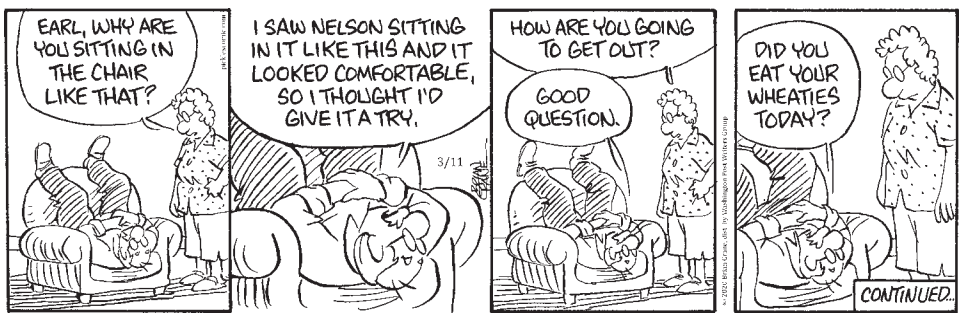
GARFIELD



FORT KNOX

PICKLES


EARL, WHY ARE YOU SITTING IN THE CHAIR LIKE THAT?
I SAW NELSON SITTING IN IT LIKE THIS AND IT LOOKED COMFORTABLE, SO I THOUGHT I'D GIVE IT A TRY.
3/11
HOW ARE YOU GOING TO GET OUT?
GOOD QUESTION.
DID YOU EAT YOUR WHEATIES TODAY?
CONTINUED...
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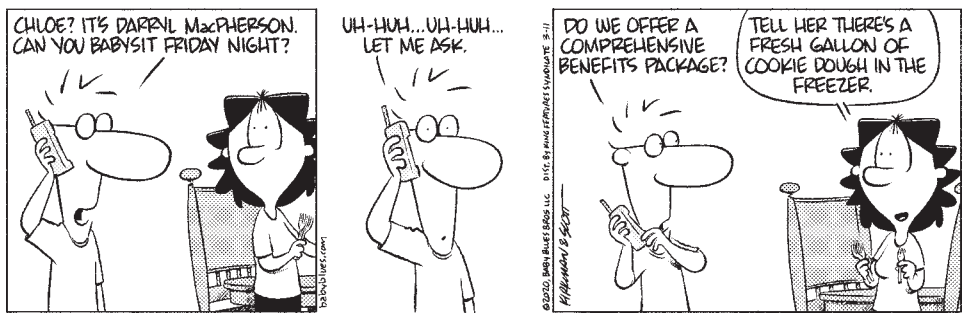
FAMILY CIRCUS

Seven-year-old Billy continues subbing with another version of where Daddy might be.

DENNIS THE MENACE

"TWO DOLLARS? WHO DO YOU THINK HAS *THAT* KIND OF MONEY?"

BABY BLUES


CHLOE? IT'S DARRYL MacPHERSON. CAN YOU BABYSIT FRIDAY NIGHT?
babyblues.com
UH-HUH...UH-HUH... LET ME ASK.
DO WE OFFER A COMPREHENSIVE BENEFITS PACKAGE?
TELL HER THERE'S A FRESH GALLON OF COOKIE DOUGH IN THE FREEZER.
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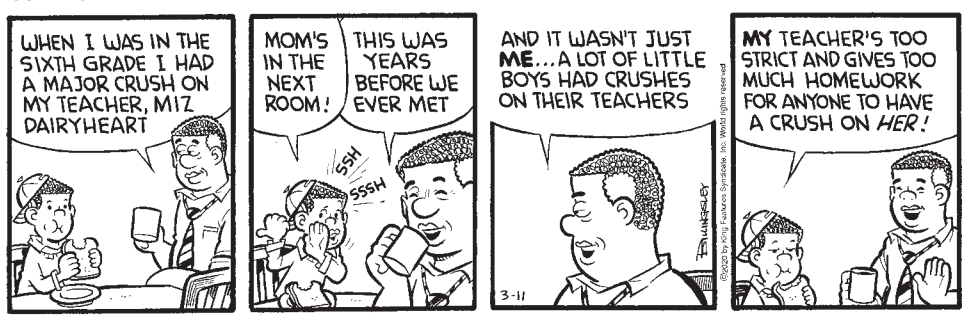
CURTIS


WHEN I WAS IN THE SIXTH GRADE I HAD A MAJOR CRUSH ON MY TEACHER, MIZ DAIRYHEART
MOM'S IN THE NEXT ROOM!
THIS WAS YEARS BEFORE WE EVER MET
SSH
SSSH
AND IT WASN'T JUST ME... A LOT OF LITTLE BOYS HAD CRUSHES ON THEIR TEACHERS
3-11
MY TEACHER'S TOO STRICT AND GIVES TOO MUCH HOMEWORK FOR ANYONE TO HAVE A CRUSH ON *HER*!
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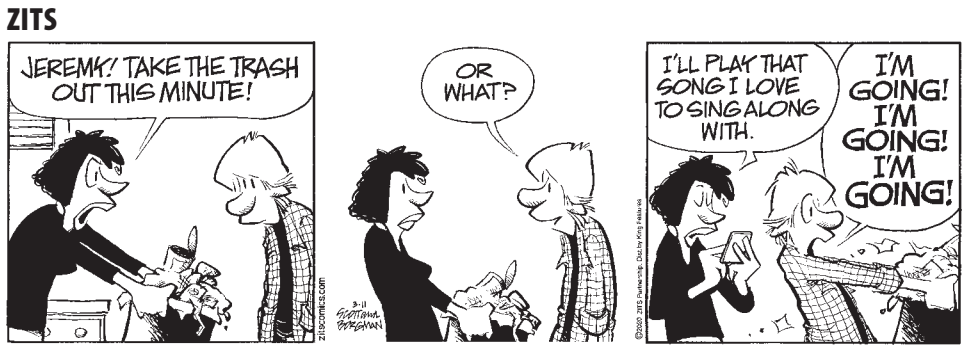
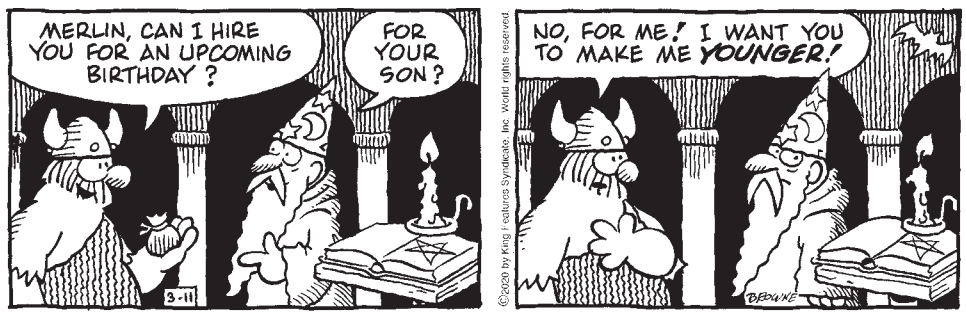
ZITS


JEREMY! TAKE THE TRASH OUT THIS MINUTE!
OR WHAT?
I'LL PLAY THAT SONG I LOVE TO SING ALONG WITH.
I'M GOING! I'M GOING! I'M GOING!
2-11
2020 Zits Partnership, Dist. by King Features

HAGAR THE HORRIBLE


MERLIN, CAN I HIRE YOU FOR AN UPCOMING BIRTHDAY ?
FOR YOUR SON ?
3-11
NO, FOR ME! I WANT YOU TO MAKE ME *YOUNGER!*
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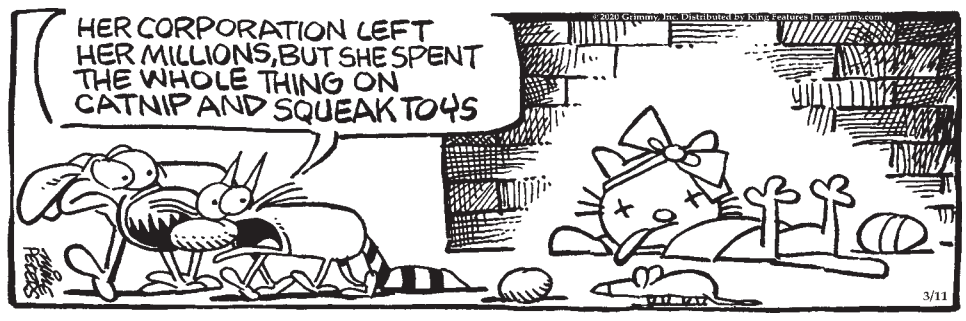
DEDWYLE

MOTHER GOOSE & GRIMM


HER CORPORATION LEFT HER MILLIONS, BUT SHE SPENT THE WHOLE THING ON CATNIP AND SQUEAK TOYS
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3/11

MUTTS

SALLY FORTH

WHAT DO YOU MEAN YOU WANTED TO HEAR WHAT MY VERSION OF A DARE IS?
WELLLLLLLLL...
KEEFE
3-11
WOW, WHEN A "WELL" IS STRETCHED OUT THAT LONG, YOU KNOW IT'S SOMETHING SOMEONE'S BEEN WANTING TO SAY FOR A LONG TIME.
IT'S JUST... YOU'RE ALWAYS SO FOCUSED ON WHAT YOU KNOW WORKS, ON WHAT YOU KNOW YOU CAN DO, THAT YOU RARELY LISTEN TO YOUR TRULY ADVENTUROUS SIDE.
OH, GREAT. SO I'M JUST A BORING OLD STICK-IN-THE-MUD.
I SAID YOU HAVE AN ADVENTUROUS SIDE!
THIS CONVERSATION WILL GO A LOT BETTER IF WE BOTH LISTEN TO EACH OTHER.
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The weekend awaits ...
... what will you be doing?
Find information on local shows, community theater, art exhibits, musical acts, festivals, nightlife, movies and more every Thursday in Entertainment.
hp

Amazon to grant $5M to small businesses near its headquarters

By BENJAMIN ROMANO
The Seattle Times (TNS)

Amazon executives approved a $5 million fund to support small businesses around its Seattle headquarters struggling with a dramatic slowdown since the company instructed its employees to work from home if they could.

The company will provide cash grants to businesses with fewer than 50 employees or less than $7 million in annual revenue that serve the public, rely on foot traffic, and have a physical presence "within a few blocks of our Regrade and South Lake Union office buildings," Amazon vice president of global real estate and facilities John Schoettler said in a message on the company's blog.

Schoettler said the hundreds of restaurants, food trucks, coffee shops, retailers and other small businesses that surround the company's dozens of headquarters buildings "are a meaningful part of what give our neighborhoods the energy and vibrancy we all love."

"These businesses support tens of thousands of local jobs that are a critical part of the Seattle and Puget Sound economy," Schoettler said. "They're our friends and neighbors, and we believe it's important to try to help them confront the economic challenges that are likely to come from the COVID-19 outbreak."

Amazon is one of several major companies that followed recommendations of King County officials last week, directing all employees who could to work from home in an attempt to slow the spread of the coronavirus. It has more than 53,500 employees in the area.

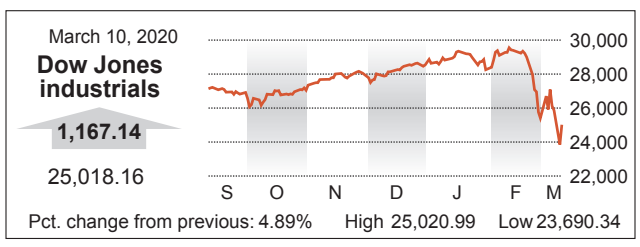
Companies are turning their attention to the impacts on contract and hourly workers who staff the nearly empty buildings, and the small businesses hurt by a dramatic slowdown in traffic. Labor groups have called for assistance for workers who are losing hours and jobs as the impact of COVID-19 spreads.

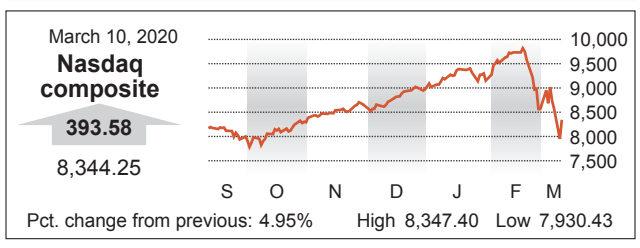
On Monday, Amazon pledged $1 million, joining Microsoft and other corporations, in establishing a fund with the Seattle Foundation aimed at softening the economic blow on people without health insurance or sick leave, residents with limited English proficiency, communities of color, and health care and gig economy workers.

In building an enormous campus on the north end of downtown over the last decade, Amazon eschewed the lavish corporate cafeterias offered by other technology employers, instead creating space in its buildings for restaurants and other vendors, which largely rely on business from Amazon employees.

The company said last week it would subsidize rent to small businesses that lease space in its buildings, and pledged to keep paying the more than 10,000 hourly workers who service its Seattle and Bellevue offices.

MARKETS





Amer Elec Power AEP
$94.72 **-2.98 -3.1%**
▼ **4-wk.** -7.3% ▲ **YTD** +.2%

Whirlpool WHR
$117.37 **-3.75 -3.1%**
▼ **4-wk.** -22.8% ▼ **YTD** -20.4%

LocalStocks

NAME	TICKER	52-WK RANGE LO	◇CLOSE	HI	CLOSE	CHG	%CHG	WK	MO	QTR
AT&T Inc	T	30.05	◇	39.70	35.85	+1.16	+3.3	▼	▼	▼
AEP	AEP	82.08	◇	104.97	94.72	-.24	-0.3	▼	▼	▲
Apple Inc	AAPL	170.27	◇	327.85	285.34	+19.17	+7.2	▼	▼	▼
AutoZone	AZO	961.84	◇	1274.41	1148.30	+34.61	+3.1	▲	▲	▼
BP PLC	BP	24.20	◇	45.38	26.79	+1.51	+6.0	▼	▼	▼
CMS Eng	CMS	53.55	◇	69.12	65.51	+.09	+0.1	▼	▼	▲
CocaCola	KO	45.18	◇	60.07	53.66	+1.80	+3.5	▼	▼	▼
Comcast	CMCSA	37.15	◇	47.74	39.10	+1.22	+3.2	▼	▼	▼
Deere	DE	132.68	◇	180.48	154.99	+4.99	+3.3	▼	▼	▼
Disney	DIS	104.28	◇	153.41	111.46	+7.11	+6.8	▼	▼	▼
DollarTree	DLTR	75.12	◇	119.71	88.06	+4.55	+5.4	▲	▼	▼
ExxonMbl	XOM	40.80	◇	83.49	43.41	+1.55	+3.7	▼	▼	▼
FifthThird	FITB	18.25	◇	31.64	19.26	+.96	+5.2	▼	▼	▼
1stSource	SRCE	34.57	◇	53.42	33.94	-1.07	-3.1	▼	▼	▼
FordM	F	5.87	◇	10.56	6.26	+.36	+6.1	▼	▼	▼
GenElec	GE	7.65	◇	13.26	8.85	+.64	+7.8	▼	▼	▼
HomeDp	HD	182.33	◇	247.12	225.70	+15.24	+7.2	▼	▼	▲
HorizBcp	HBNC	12.40	◇	19.48	12.74	+.26	+2.1	▼	▼	▼
HuntBncsh	HBAN	9.24	◇	15.63	9.97	+.52	+5.5	▼	▼	▼
IDEX	IEX	132.80	◇	178.14	144.45	+8.76	+6.5	▼	▼	▼
IBM	IBM	117.28	◇	158.75	124.77	+6.96	+5.9	▼	▼	▼
JPMorgCh	JPM	93.00	◇	141.10	100.70	+7.26	+7.8	▼	▼	▼
JohnJn	JNJ	126.10	◇	154.50	141.64	+5.20	+3.8	▼	▼	▼
Lowes	LOW	91.60	◇	126.73	104.02	+9.80	+10.4	▼	▼	▼
McDnlds	MCD	182.32	◇	221.93	199.86	+13.00	+7.0	▲	▼	▲
Microsoft	MSFT	110.98	◇	190.70	160.92	+10.30	+6.8	▼	▼	▲
MillerHer	MLHR	27.15	◇	49.88	27.47	+.20	+0.7	▼	▼	▼
Penney	JCP	0.53	◇	1.76	.57	-.02	-3.6	▼	▼	▼
Perrigo	PRGO	40.68	◇	63.86	49.48	+.59	+1.2	▼	▼	▼
Pfizer	PFE	32.53	◇	44.56	34.59	+.83	+2.5	▼	▼	▼
ProctGam	PG	99.09	◇	128.09	120.55	+4.49	+3.9	▼	▼	▼
RepubSvc	RSG	76.13	◇	100.91	93.34	+1.30	+1.4	▼	▼	▲
Steelcse	SCS	13.73	◇	23.02	13.87	-.33	-2.3	▼	▼	▼
Stryker	SYK	171.33	◇	226.30	183.56	+10.93	+6.3	▼	▼	▼
TCF Finl	TCF	26.56	◇	47.46	29.94	+3.29	+12.3	▼	▼	▼
Target	TGT	70.03	◇	130.24	108.33	+4.30	+4.1	▲	▼	▼
TractSupp	TSCO	77.50	◇	114.25	86.95	+6.11	+7.6	▼	▼	▼
UPS B	UPS	87.10	◇	125.31	92.82	+5.64	+6.5	▼	▼	▼
VerizonCm	VZ	52.18	◇	62.22	56.52	+.69	+1.2	▼	▼	▼
WEC Engy	WEC	75.88	◇	105.43	102.05	-.32	-0.3	▼	▲	▲
WalMart	WMT	96.53	◇	125.38	119.79	+2.63	+2.2	▲	▲	▲
WalgBoots	WBA	44.61	◇	64.50	49.16	+.72	+1.5	▼	▼	▼
Wendys Co	WEN	16.25	◇	24.04	19.81	+1.16	+6.2	▲	▼	▼
Whrlpl	WHR	110.97	◇	163.64	117.37	+4.99	+4.4	▼	▼	▼
Worthgtn	WOR	26.33	◇	44.69	27.79	+1.03	+3.8	▼	▼	▼
XPO Logis	XPO	48.60	◇	100.18	63.90	+6.10	+10.6	▼	▼	▼

Jennifer Lorenzini / AP

A man wears a mask as he walks in the train station in Florence, Italy, Tuesday. Italy entered its first day under a nationwide lockdown after a government decree extended restrictions on movement from the hard-hit north to the rest of the country to prevent the spreading of coronavirus.

Economic toll of virus goes global and hits close to home

By THE ASSOCIATED PRESS

Seven weeks after the first case of COVID-19 was confirmed in the U.S., the spread of the virus that causes the disease has done widespread damage to critical economic sectors in the country. Airlines are cutting capacity, people are working from home, major public events that raise millions of dollars for local communities have been canceled, including this year's St. Patrick's Day parade in Boston. The Associated Press is publishing a running tally of the effects of the coronavirus on people, businesses, and the economy.

TURBULENCE IN THE AIR: Europe's airports say they expect 187 million fewer passengers this year due to the virus outbreak, which is "turning into a shock of unprecedented proportions for our industry." The ACI Europe, which represents the sector, estimated Tuesday that the outbreak will mean a 13.5 percent drop in airport passengers in the first quarter alone. That translates to $1.5 billion in lost revenue.

Airlines continue to slash capacity as travelers cancel flights or avoid them all together. United Airlines, Delta Air Lines and American Airlines are allowing passengers to rebook tickets through April 30 without paying fees.

LEISURE LATER, MAYBE: Vail Resorts is withdrawing its forecast for the entire year. The company said visits were modestly below expectations last week, but it believes that could grow worse.

The online travel company that owns Kayak and other sites withdrew its guidance for the quarter citing the worsening impact of the virus on travel. Booking Holdings said that travel demand, especially in North America and Europe, has fallen. Because of the "rapidly evolving situation," the company it's unable to issue a new forecast. Booking said it would offer an update in May.

THE FED AND BIG BANKS: The Federal Reserve and other regulatory agencies are encouraging financial institutions to meet the needs of customers affected by coronavirus. They vowed to give them the regulatory leeway to do so. "Prudent efforts that are consistent with safe and sound lending practices should not be subject to examiner criticism," the Fed said in a prepared statement along with the Federal Deposit Insurance Corporation and the Office of the Comptroller General.

THE FED AND THE PRESIDENT: President Donald Trump has repeatedly demanded that the Federal Reserve do more to aid the economy, especially in the face of the coronavirus outbreak. On Tuesday, Trump called the Fed "pathetic" and "slow moving" in a tweet for not cutting interest rates as low as other central banks have. He asserted that its failure to do so has put the United States at a competitive disadvantage. "The Federal Reserve must be a leader, not a very late follower, which it has been!" Trump said in a second tweet.

The Fed slashed its benchmark rate by a half-point last week – the largest cut since the 2008 financial crisis – to a very low range of 1 percent to 1.25 percent. And most Fed watchers expect further rate cuts in coming weeks. In contrast to Trump, most economists say rate cuts aren't likely to do much to stem the economic damage from the spreading coronavirus, which has disrupted factory supply chains and pummeled service industries like airlines and tourism companies.

HEALTHCARE: Humana is waiving out-of-pocket costs associated with COVID-19 testing for patients who meet CDC guidelines at approved labs. The Louisville, Kentucky, health insurer also said it would increase the availability of telemedicine to cut down on potential exposure for those it insures.

LOW ENERGY: Big oil and gas companies had already been bracing for slowing global economic growth. That appears to have been accelerated by the arrival of coronavirus. Citing sharp declines in energy prices, Occidental Petroleum Corp. slashed its quarterly dividend by 86 percent Tuesday and will reduce capital spending to between $3.5 billion and $3.7 billion, from $5.2 billion to $5.4 billion.

THE WORKPLACE: A worker at Boeing's Everett, Washington, facility has tested positive for COVID-19. The employee is in quarantine and co-workers who've been in close contact with the individual have been asked to self-quarantine and self-monitor, the company said. The company previously told employees in the Puget Sound area to work from home.

Walmart is launching an emergency leave policy for its 1.4 million hourly U.S. workers that includes allowing its employees to not be penalized for taking time off if they feel uncomfortable working because of fear of the spreading new virus.

Securities and Exchange Commission employees have been encouraged to work remotely for the foreseeable future after a potential incident of the coronavirus was discovered.

MARKETS: Global stock markets rebounded from record-setting declines after President Donald Trump said he would ask Congress for a tax cut and other measures to ease the pain of the spreading coronavirus outbreak. The Dow Jones Industrial Average, the S&P 500 and the Nasdaq all closed about 5 percent higher.

Oil prices surged a day after they plunged 25 percent amid a price war between producers Saudi Arabia and Russia. Benchmark U.S. crude climbed $3.23, or 10.4 percent, to settle at $34.36 a barrel Tuesday.

Perhaps the most notable market move Tuesday was that Treasury yields also pushed higher in a sign that fear has receded a bit, though they remain far below where they were even a week ago. The 10-year Treasury yield rose to 0.79 percent from 0.49 percent late Monday. A week ago, it had never been below 1 percent.

MEETING ON MARKETS: The Treasury Department said the President's Working Group on Financial Markets had a conference call Tuesday to discuss markets conditions following more than a week of turbulence.

Treasury Secretary Steven Mnuchin, Federal Reserve Chairman Jerome Powell, SEC Chairman Jay Clayton and other financial regulatory officials "shared updates on the resilience of the markets and the economic impact of COVID-19," Treasury said in a statement.

Bankrupt Johnson Publishing reaches $500K settlement in Ebony defamation lawsuit

By ROBERT CHANNICK
Chicago Tribune (TNS)

CHICAGO — Bankrupt Johnson Publishing reached a $500,000 settlement in a defamation lawsuit brought by the family of two Georgia high school students alleging they were falsely implicated in the 2013 death of a black classmate by a series of articles that appeared in Ebony.

The agreement, filed Monday and pending approval by a Chicago bankruptcy judge, would mark the end of a controversial chapter in the history of Johnson Publishing, the former publisher of Ebony and Jet magazines, which is liquidating its assets to pay off creditors after declaring Chapter 7 bankruptcy in April.

In 2014, FBI agent Richard Bell and his wife, Karen, filed a $5 million defamation lawsuit in a Georgia federal court against Chicago-based Johnson Publishing for articles they alleged indirectly linked their sons to the death of Kendrick Johnson, who was found lifeless inside a rolled-up gym mat at his high school.

State medical examiners concluded that the death of 17-year-old Johnson was accidental asphyxiation after he became trapped while trying to retrieve a shoe that fell into the large mat. Ebony subsequently ran a series of articles suggesting Johnson's death was no accident, and pointing an accusatory finger at the Bell brothers, the defamation lawsuit alleged.

The racially charged case – Johnson was African American and the Bells are white – gained national media attention after Ebony published 10 stories by author Frederic A. Rosen between August 2013 and April 2014, which developed the theory that Johnson was murdered by blunt force trauma and placed inside the mat. The series referred to fictitious brothers "Chris and Clark Martin," whose father was identified as an FBI agent, as possible suspects.

The Bells' lawsuit claimed that many students, teachers and coaches believed Chris and Clark Martin were pseudonyms for their sons, Branden and Brian Bell.

In 2016, a Justice Department investigation found insufficient evidence to support federal criminal charges in Johnson's death.

Long an influential African American lifestyle magazine, Ebony was first published in 1945. Family-owned Johnson Publishing sold Ebony and its sister publication, Jet, to a Texas private equity firm in 2016, and filed for bankruptcy protection last year.

Branden Bell, 25, and Brian Bell, 22, would receive a $500,000 payment from Johnson Publishing's insurer, Federal Insurance Co., under the terms of the proposed settlement, which is scheduled for a March 31 hearing in Chicago bankruptcy court. If approved, it will settle all claims by the Bell family against Johnson Publishing.

Patrick T. O'Connor, a Savannah, Ga.-based attorney representing the Bells, declined to comment on the proposed settlement agreement Tuesday. Howard Adelman, a Chicago-based attorney representing Johnson Publishing, also declined to comment.

In January, bankruptcy trustees raised more than $3 million through an auction of the artwork that once adorned the Chicago offices of Johnson Publishing. The art auction proceeds will be used to pay back former CEO Desiree Rogers for $2.7 million in loans she made to Johnson Publishing and other secured claims against the company.

Rogers, the former social secretary for President Barack Obama, is part of an investment group that bought Johnson Publishing's Fashion Fair Cosmetics for $1.85 million at a December bankruptcy auction.

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HOROSCOPE

By EUGENIA LAST

WEDNESDAY, MARCH 11

Take partnerships seriously. Terminate any situations that are holding you back or causing stress. Trust in your ability to reach your goal, regardless of whether you do it alone or have an entourage. It's an excellent year to explore new possibilities and discover what you are capable of doing.

PISCES (Feb. 20-March 20) A past partnership will have a significant impact on you. Turn a negative situation into a positive one. Live in the moment and strive to make the most of what you've got.

ARIES (March 21-April 19) You may think you know what you want, but if you don't do enough research, your expectations will dwindle. Take your time. Your actions will determine your success.

TAURUS (April 20-May 20) You'll end up with additional responsibilities. Use your know-how and reliable support system to ensure everything runs smoothly. An unexpected change will help you put things in perspective.

GEMINI (May 21-June 20) Deal with negativity without hesitation. Use compliments and diplomacy to drum up support from your inner circle to get things done correctly and on time.

CANCER (June 21-July 22) Focus on what you can do, not on what you can't. An excellent professional opportunity will arise. Don't let your emotions stifle your productivity.

LEO (July 23-Aug. 22) Partnerships will not be as they seem. Take a step back, be observant and make your move. Consider your motives as well as the motives of the people you deal with today.

VIRGO (Aug. 23-Sept. 22) Moving in two different directions will lead to uncertainty. It's time to multitask your way to success. If you can handle both personal and professional requirements, you will make an excellent impression.

LIBRA (Sept. 23-Oct. 23) Traveling, socializing and following a path that speaks to you are favored. Control your emotions, keep things in perspective and don't get sucked into someone else's melodrama.

SCORPIO (Oct. 24-Nov. 22) Refuse to become part of someone else's plot. Don't show concern, but do your homework before you commit. When in doubt, follow a path that is yours and yours alone.

SAGITTARIUS (Nov. 23-Dec. 21) You'll attract attention regardless of where you go or what you do. Don't offend someone by divulging information that was supposed to be kept secret. Moderation is in your best interest.

CAPRICORN (Dec. 22-Jan. 19) If you take your time, you will end up in a better position. You won't fool anyone when it comes to emotional matters. Tell it like it is and keep moving.

AQUARIUS (Jan. 20-Feb. 19) Don't get caught up in someone else's belief system. Walk away from demanding people. Stop carrying negative baggage. Rid yourself of past regrets and keep moving forward.

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A FREE concert featuring professional entertainer and whistler, Megan Dooley will be held on Fri, Mar 13, 2020, at 6:30PM at the Van Buren Conference Center, 490 S. Paw Paw St., Lawrence, MI. Megan is a guitar playing, ukulele strumming, whistling Michigan songstress who will bring a mix of Torch, Swing, Soul, R&B, Jazz and Roots to the stage. Megan was voted the #1 Best of the West Solo Performer by Revue Magazine and this is your chance to see her in person! The event is family friendly, free and open to the public. This event is sponsored by the Friends of the Lawrence Branch Library with a grant from VBDL Friends. Light refreshments will be hosted by the Friends.Doors open at 6:00pm.

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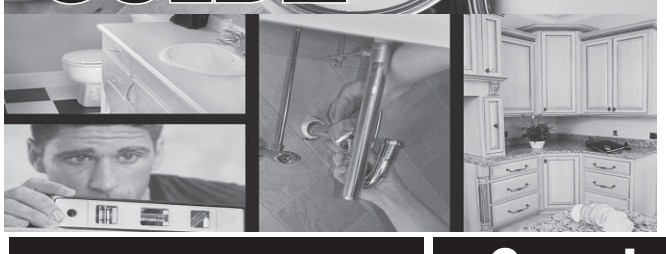

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Osteopathic manipulative therapy capitalizes on body's ability to heal itself

Page 4

Don Campbell / HP staff

Jessie Pasek relaxes as Dr. Raul Torres demonstrates osteopathic manipulation techniques at Lakeland Primary Care – Longmeadow in Niles.

Changing clocks is bad for your health

But which time should we choose?

By ROXIE HAMMILL
Kaiser Health News (TNS)

Changing over to daylight saving time — a major annoyance for many people – may be on its way out as lawmakers cite public health as a prime reason to ditch the twice-yearly clock-resetting ritual.

The time change, especially in the spring, has been blamed for increases in heart attacks and traffic accidents as people adjust to a temporary sleep deficit.

But as legislatures across the country consider bills to end the clock shift, a big question looms: Which is better, summer hours or standard time?

There are some strong opinions, it turns out. And they are split, with scientists and politicians at odds.

Retailers, chambers of commerce and recreational industries have historically wanted the sunny evenings that allow more time to shop and play.

Researchers on human biological rhythms come down squarely on the side of the standard, wintertime hours referred to as "God's time" by angry farmers who objected to daylight saving time when it was first widely adopted during World War I.

What's not in question is that the clock switching is unpopular.

Some 71 percent of people want to stop springing forward and falling back, according to a 2019 Associated Press-NORC Center for Public Affairs Research poll.

Politicians have reacted accordingly. More than 200 state bills have been filed since 2015 to either keep summer hours or go to permanent standard time, according to the National Conference of State Legislatures.

"The human clock was not built to jump back and forth. That's why we get jet lag. It is very easy to show that if you knock people off an hour of sleep, there's a bump temporarily in bad things that will happen."

DR. RAY WARD
Utah state representative

The measures getting the most traction right now are for permanent daylight saving time, which makes more sun available for after-work activities.

In 2018, Florida passed a bill and California voters backed a ballot measure to do so. Maine, Delaware, Tennessee, Oregon and Washington joined in 2019, passing permanent daylight saving bills.

President Donald Trump even joined the conversation last March, tweeting: "Making Daylight Saving Time permanent is O.K. with me!"

But none of those efforts can become reality without the blessing of Congress. States have always been able to opt out of summer hours and adopt standard time permanently, as Arizona and Hawaii have done. But making daylight saving time year-round is another story.

Still, Scott Yates, whose #LocktheClock website has become a resource for lawmakers pushing for change, believes this year will be another big year.

Yates is particularly encouraged by the attitude he saw from state legislators in August when he presented on the issue at the legislators' annual national summit in Nashville, Tenn.

"I wasn't the court jester, and it wasn't entertainment," he said. "It was like, 'What are the practical ways we can get this thing passed?'"

Yates, 54, a tech startup CEO based in Denver, has been promoting an end to clock switching for six years. He doesn't pick a side. It's the switching itself that he wants to end.

At first, it was just about the grogginess and annoyance of being off schedule, he said. But then he began to see scientific studies that showed the changes were doing actual harm.

A German study of autopsies from 2006-15, for instance, showed a significant uptick just after the spring switch in deaths caused by cardiac disease, traffic accidents and suicides. Researchers have also noted a significant increased risk for heart attacks and strokes.

Three measures pending in Congress would allow states to make daylight saving time permanent. But, in the meantime,

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state lawmakers who want the extra evening sunlight are preparing resolutions and bills, some of which would be triggered by congressional approval and the adoption of daylight time in surrounding states.

The Illinois Senate passed such a bill, and Kansas is considering one after a bill to end daylight saving time died there last year.

Utah passed a resolution in support of the congressional bill last year, and state Rep. Ray Ward, a Republican family physician from Bountiful, Utah, is steering a recently passed state Senate permanent daylight bill through the House.

"The human clock was not built to jump back and forth. That's why we get jet lag," said Ward, who was a co-presenter with Yates at the NCSL summit. "It is very easy to show that if you knock people off an hour of sleep, there's a bump temporarily in bad things that will happen."

Efforts have been particularly strong in California, where 60 percent of voters passed a ballot issue for permanent daylight time in 2018. A bill is pending in the state Assembly.

All of this alarms scientists who study human biological rhythms.

Researchers in the U.S. and the European Union have taken strong positions about permanent summer hours. The Society for Research on Biological Rhythms posts its opposition prominently at the top of its website.

Messing with the body's relationship to the sun can negatively affect not only sleep but also cardiac function, weight and cancer risk, the society's members wrote. According to one often-quoted study on different health outcomes within the same time zones, each 20 minutes of later sunrise corresponded to an increase in certain cancers by 4 percent to 12 percent.

"Believe it or not, having light in the morning actually not only makes you feel more alert but helps you go to bed at the right time at night," said Dr. Beth Malow, director of the sleep division of Vanderbilt University School of Medicine. Malow has seen a lot of anecdotal evidence to back that up at the sleep clinic. Parents report their children with autism have a particularly hard time adjusting to the time change, she said.

Jay Pea, a freelance software engineer in San Francisco, was unhappy enough about California's proposed permanent daylight time that he started the Save Standard Time website to promote the health arguments for keeping it permanent. He said he doesn't think the scientific community is being heard.

"Essentially it's like science denial," he said. "It's bizarre to me that politicians are not hearing the experts on this."

Pea, 41, and an amateur astronomer, understands the human need to have the sun directly overhead at noon.

"It's a wonderful connection to natural reality that unfortunately is lost on many people," he said. Daylight saving time "distances us from the natural world."

At the very least, lawmakers ought to consider history, he said. Daylight saving time was originally a plan to save energy during the two world wars but wasn't popular enough to be uniformly embraced after the conflicts were over.

In 1974, the federal government decided to make it temporarily year-round as a way to deal with the energy crisis (although energy savings were later found to be underwhelming).

Its popularity fell off a cliff after the first winter, when people discovered the sun didn't rise until 8 a.m. or later and parents worried for the safety of kids waiting in the dark for school buses.

Pea finds it frustrating that the momentum now is for permanent summer hours – a fact he attributes to the emotional attachment with summer.

"It's a shame that every generation we have to revisit this issue," he said.

The AP-NORC poll found 40 percent of its respondents support permanent standard time, with 31 percent opting for permanent daylight saving time.

Ward said people have gotten comfortable with daylight saving time since its duration has been lengthened to eight months by extensions in 1986 and 2007. (Before 1986, daylight saving time lasted six months.)

"So now really most of the year we are on the summer schedule, and people are used to that and they like it," he said. "That makes them more aggrieved when we change back to the winter schedule."

In any case, changing the clocks is a rare issue in that it isn't partisan, Ward said.

"If the government can't respond to people when they want something and it's not even a partisan issue, that's just a sad commentary," he said. "Can't we please fix something that doesn't make sense anymore?"

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There's more to medicine than

Osteopathic manipulative therapy capitalizes on body's ability to heal itself

By KATE GENELLIE KOHS
HP Correspondent

Photos by Don Campbell / HP staff

ABOVE AND AT RIGHT: Jessie Pasek relaxes as Dr. Raul Torres demonstrates osteopathic manipulation techniques at Lakeland Primary Care – Longmeadow in Niles.

NILES — If you told someone with a back injury that their pain could be remedied with a certain kind of massage, they would probably find it plausible.

But what if you asked the same thing of a person with asthma? Or a person with pneumonia? The idea that those problems could be solved with a touch might seem a little fantastic.

The doctors who practice osteopathic manipulative therapy (OMT), however, say it can help with a range of ailments. And it's nothing new.

The therapy has been around in some form since 400 B.C., and has grown in popularity in the United States since the 19th century. Michigan has one of the highest concentration of doctors of osteopathic medicine in the country.

Osteopathic manipulative therapy encompasses many different techniques. Sometimes it looks a little like massage, but other times it looks more like what a patient might see in a physical therapist's or chiropractor's office.

"It's a composite of all these techniques together," said Raul Torres, doctor of osteopathy at Spectrum Health Lakeland, who practices family medicine at Lakeland Primary Care – Longmeadow, in Niles.

Both doctors of medicine and doctors of osteopathic medicine are trained physicians who can provide the full spectrum of medical care to their patients. The difference is philosophical, said Torres, who practiced in North Dakota before coming to Lakeland in 2018.

Schools that teach osteopathic manipulation use a holistic approach to healing, taking into account not just the body, but the mind and spirit as well.

Andrew Taylor Still, the founder of osteopathic medicine, "felt there was more to medicine than just pills," Torres said. Still believed the body had an innate ability to heal itself and that patients would benefit when medical providers tried to work with that ability.

Torres said when a patient comes in for OMT, he begins with an overall survey, during which Torres will feel the muscles – say, on either side of the spine – looking for asymmetries in the muscle texture. That can be an indication that something is wrong. He also looks for impaired motion in various parts of the body, another sign that there is an issue.

Many patients come in seeking help for headaches, Torres said.

For about five years, Julie Etzcorn, of Niles, dealt with daily tension headaches that regularly turned into migraines. She tried massage therapy and migraine medication, but that didn't seem to make a difference. That's why she decided to try OMT. She went to Torres, who worked on her neck and back.

"It was great," Etzcorn said. "I was a little sore afterwards, but I felt a lot of relief from the headaches."

The headaches did come back about four or five days after Etzcorn's initial visit to Torres, but after three sessions of OMT, her once-daily headaches now happen only once or twice a week. And even when they do happen, they don't turn into migraines, Etzcorn said. They're just headaches easily treated by over-the-counter pain medication.

Etzcorn said she would recommend OMT to other people suffering from similar ailments because "the less medicine, the better."

OMT: A traditional cure for pneumonia

But what about patients suffering internal problems, like sinus issues or asthma?

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A 2005 study in the Journal of the American Osteopathic Association found results that suggest OMT has a therapeutic effect for children with asthma.

"Because the musculoskeletal system is an integral component of the respiratory mechanism, it follows that maximization of its efficiency allows for improved respiratory function," according to the studies' authors.

OMT has "been shown to increase vital capacity and rib cage mobility, improve diaphragmatic function, enhance the clearing of airway secretions, and possibly enhance autoimmune function."

Working with the whole patient

Torres said he works in conjunction with physical therapy specialists, especially for chronic problems. A patient might start with physical therapy for several sessions before moving on to osteopathic manipulative therapy.

"Correcting dysfunctions is the goal," Torres said.

Rather than treating the pain first, he treats the problem that's affecting the patient's muscles or range of motion. When that functionality increases, the pain goes away in time, he said.

"This is not a revolving door," Torres said. Instead, he's looking to fix the problem that's causing the pain in the first place.

Torres stressed that osteopathic manipulation is not a cure-all. The goal isn't the absence of pain, but rather a significant decrease. And it's not like a massage, where the patient may feel good for a few days afterward, but the pain comes back.

"Pain resolves in time," Torres said. "You have to encourage the body in that direction."

Dreamstime / TNS

A nap pod, like this one from MetroNaps, can be good for midday power naps.

Four hacks to help you sleep

By ERICA PEARSON
(Minneapolis) Star Tribune

MINNEAPOLIS — "EnergyPod activated. Enjoy your MetroNap," said a soft voice from the speaker.

As the chair's leg rest rose, I settled back to the relaxing sounds of waves and synthesizer melodies and closed my eyes beneath the dome-like shield. I almost forgot that I was in downtown Minneapolis – and in the middle of a workday.

A place to power nap is becoming an office wellness amenity, as employers begin to see sleeping on the job as a way to boost productivity, not a sign of laziness.

As part of a recent renovation, Fifth Street Towers added two MetroNaps EnergyPods (chairs designed for workplace napping) to their tenant amenity center. The pods gently wake you with soft light and vibrations after 20 minutes.

"They're rarely empty," said Reed Christianson, a principal with Transwestern, the building's leasing team.

Power naps – whether at your desk or in a fancy pod – are just one of the most popular sleep hacks experts suggest.

Your sleep diary will give you clues about which hacks might be best suited to your natural sleep schedule and lifestyle.

Here are four ways to boost sleep and be better rested:

Power nap

This works best for folks who want to stay up a little later and get an energy boost without relying on caffeine.

Humans are "natural nappers" who typically feel a lull in the afternoon, said Dr. Michael Howell, a sleep medicine doctor and associate neurology professor at the University of Minnesota. Taking a 10- to 20-minute nap or a longer 90-minute snooze can make for a more productive

Getty Images

Light therapy is a common treatment for a variety of conditions, but it can also be useful in waking you up in the morning so you can shift your circadian rhythm earlier.

Getty Images

Meditation can make it easier to wind down and quiet your brain at bedtime. But it also can help boost sleep quality.

afternoon and evening, he said.

A nap isn't necessarily a good idea for someone who struggles to fall asleep at bedtime, he said. But for the rest of us, even those who think they are incapable of napping, it's worth a try.

"Napping takes practice," Howell said. "Recognize that most people, when they start napping, aren't any good at it."

First, identify when your natural napping time is.

"If you go to bed at 10 p.m. and wake up at 6 a.m., what's the midpoint of that? It's about 2 a.m. That means that your natural naptime is 2 o'clock in the afternoon. Exactly 12 hours apart," Howell said.

Another way to find your ideal naptime, he suggested, is to minimize stimulants like coffee and energy drinks, and "listen to what your brain is telling you in the afternoon."

Once you have the timing down, seek out a place that's comfortable, cool and quiet.

We sleep in 90-minute cycles, passing through different stages – drifting off, light sleep, deep sleep and REM sleep.

If you don't have time to nap for a full 90 minutes, it's better to try a shorter 10- to 20-minute power nap, Howell said. That's because trying to wake from a deep sleep can leave you groggier than when you began.

To nap, he suggests you sit down, close your eyes and drop your head. Don't use a blanket for a short nap, because your body's drop in temperature during sleep will help you wake up naturally.

"If you can fall asleep, great, but if not, don't worry about it," Howell said. "Just keep plugging away at it like you're practicing the piano or trying to hit a golf ball."

Therapy light

This hack is for those who struggle through groggy mornings, especially natural night owls who have to wake up early, Howell said.

"Focus on doing the right thing in the morning to pay it forward to yourself, so it's easier to fall asleep tomorrow night," Howell said.

He suggests spending about a half-hour in front of a 10,000-lux lamp soon after rising. It provides your body with artificial sunlight, which helps you wake up and shifts your circadian rhythm earlier. (Real sunlight works, too, of course, but it tends to be in short supply at this time of year.)

For more extreme night owls (those who have trouble getting to sleep at night and would sleep in by four to six hours on the weekend), he recommends combining the morning light with a very small dose (one milligram) of melatonin in the evening.

"You can take melatonin not just to help fall asleep but actually to help wake up in the morning. You're pulling your circadian rhythm earlier," he said. "That's what you're doing. Don't think of it as a sleeping pill.

"Let's say you are a person who would like to sleep in until noon," he said, "but have to wake up at 7. So you're using the lightbox at 7. The other thing you can do is take melatonin at 7 at night. That's 12 hours apart. The lightbox is giving you your sunrise and the melatonin is giving you your sunset."

Meditation

This can make it easier to wind down and quiet your brain at bedtime. But it also can help boost sleep quality, which is why wellness coach Amy Mattila and M Health Fairview pulmonologist and sleep expert Dr. Conrad Iber recommend it.

"Meditation can help you to start to tell the nervous system it's time to relax and to unwind," Mattila said.

You can practice on your own, or using a meditation app like Calm or Headspace. Iber also suggested searching for sleep meditations on YouTube and listening to the audio only.

Meditation during the day can also help with sleep. A recent Dutch study found that two weeks of listening to short audio meditations (spending 10 minutes in the morning and 10 minutes after work) improved both quality and quantity of sleep.

The researchers focused on four specific mindfulness exercises that aid in sleep:

- Focusing attention on the breath.
- Doing a body scan, where you focus attention on different parts of the body.
- Mindfully focusing on an everyday task such as brushing your teeth or drinking tea.
- A loving kindness practice, in which you send feelings of compassion to yourself and others.

Gratitude affirmations

This hack is for sleepers who have trouble calming their mind, either when trying to fall asleep at bedtime or when they awake in the middle of the night, said Sleep Health Specialists' Sarah Moe.

"Right before bed, say out loud, audibly, three things that you hope to accomplish the next day, and three things that you are grateful for," Moe said. "When you hear those things, it not only releases some worry for the next day, but also the gratitude portion releases a relaxing and calming hormone that helps initiate sleep."

Oh, and if you try this one in the middle of the night, it's OK to whisper, she said.

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